

Association Between Camera Weight and Neck Pain Amongst Wedding Photographers in Bengaluru - A Cross-Sectional Study

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Abstract

Background: Background/Introduction: Wedding photography is a physically demanding occupation that frequently requires the handling of bulky camera equipment, potentially leading to neck discomfort among professionals. This study employed a cross-sectional design to examine the correlation between camera weight and neck pain among wedding photographers in Bengaluru, India.

Objective: This study seeks to investigate the prevalence of neck pain among wedding Photographers in Bengaluru and identify potential risk factors, including camera weight, that may contribute to neck pain in this group.

Methodology: 199 wedding photographers were recruited using a convenient sampling. Participants were administered a demographic questionnaire and the Northwick Park Neck Pain Questionnaire (NPQ) to evaluate the presence and extent of neck pain and disability. Data

was analyzed using descriptive statistics, Pearson's correlation, linear regression, the Shapiro-Wilk normality test, and hypothesis testing.

Result: The study discovered a statistically significant positive association ($r = 0.139$, $P < 0.05$) between the camera and lens's combined weight and neck pain intensity. The linear regression analysis also showed a somewhat significant beneficial impact of the combined weight of the camera and lens on the level of discomfort ($\beta = 0.0001721$, $p = 0.05$). Normality tests revealed that the assumptions of normality were not met for both the pain intensity and total weight variables, indicating the necessity of using non-parametric methods; hypothesis testing revealed the presence of a substantial positive correlation between camera weight and neck pain.

Conclusion: The study reveals that wedding photographers' heavy camera and lens equipment adds to neck pain, underlining the need for ergonomic solutions and appropriate therapies.

Keywords: Camera Weight; Ergonomics; Neck Pain; Wedding Photographers