**THE COMPARISON OF PHYSICAL ACTIVITY LEVELS OF UNIVERSITY STUDENTS WITH AND WITHOUT CHRONIC NONSPECIFIC NECK PAIN**

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**Background and aims:** Daily physical activity when performed sufficiently is widely known to have important health benefits. Reduced physical activity has been linked to several chronic health problems including chronic musculoskeletal compliants. Approximately 14-71% of adults experience neck pain at some points in their lifetime. The relationship between physical activity and neck pain is still controversial. The aim of this study was to compare physical activity levels of university students with and without chronic nonspecific neck pain (CNNP).

**Methods:** The study was carried out amoung 118 university students at Pamukkale University in Denizli. The subjects were divided into two groups as having CNNP (group I, n=39) or not having CNNP (group II, n=79). The severity of neck pain was assessed by visual anolog scale (VAS) and neck disability index (NDI) was used for the assessment of disability resulting from CNNP. Physical activity levels of subjects were assessed the short form of International Physical Activity Questionnaire (IPAQ).

**Results:** There was not any significant difference between two groups in terms of tptal physical activity levels (p>0,05). But a significant difference as found regarding vigorous-intensity activity levels which was lower with CNNP (p<0,05). Any significant relationship was not found between NDI, VAS scores and total physical activity level (p>0,05, r=-0,11, r=-0,32).

**Conclusion:** The results of study showed that the university students with CNNP had vigorous-intensity activity levels when compared with those who did not have CNNP which might be associated with depression and kinesiophobia as had been reported in previous studies.