

## COGNITIVE FUNCTION AND NECK SHOULDER POSTURE EVALUATION OF VIDEO GAME PLAYERS, ATHLETES AND MUSICIAN UNIVERSITY STUDENTS

**Muhammed Can ŞAHİN**

**0000-0003-2348-1604**

**BURSA ULUDAĞ UNIVERSITY INSTITUTE OF HEALTH SCIENCES  
COACHING DEPARTMENT MASTER PROGRAM**

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### KEY WORDS

- ✓ Video Game Player
- ✓ Athlete
- ✓ Musician
- ✓ Cognitive
- ✓ Posture

### CONTACT

E-MAIL:  
fztmcansahin@hotmail.com

### THESIS SUPERVISOR

TELEPHONE:  
0224 2940694

E-MAIL:  
sksahin@uludag.edu.tr



### SUPERVISOR

Prof. Dr. Şenay ŞAHİN  
ORCID-NO 0000-0002-9221-0616  
BURSA ULUDAĞ UNIVERSITY  
GRADUATE SCHOOL OF HEALTH SCIENCES  
CO DEPARTMENT  
BURSA – TÜRKİYE

### THESIS ABSTRACT

The aim of this thesis is to investigate the cognitive functions and postural differences of university students who play video games, athletes, musicians and do not engage in any activity. 200 video games, athletes, musicians and volunteer university students aged 18-22 who did not participate in any activity participated in the study. In the analysis of their cognitive performance; Stroop Test, Tracking A and B and Verbal Fluency Test; Body mass index measurement, Y Balance Test, wall distance measurement and back scratch test were used for postural analysis). A statistically significant difference was found between the mean values of the trailing A and B test in favor of the video game group compared to the musicians and athletes who did not do any activity ( $p<0.05$ ). In addition, in the comparison made according to the average values of the Tracking B test; There was a statistically significant difference in favor of the musicians between the non-active and the musicians, and between the musicians and the athletes in favor of the musicians ( $p<0.05$ ). Y Balance test and Back Scratching tests showed a statistically significant difference between the athlete group and all other groups in favor of the athlete group ( $p<0.05$ ). The occiput-wall distance measurement test was in favor of the inactive group between the inactive and the musicians, and between the athletes and the musicians; A statistically significant difference was found in favor of the athletes ( $p<0.05$ ). In conclusion; Results have been found showing that the activities of university students can affect their cognitive performance and posture in different dimensions.

### APPLICATION AREAS OF THE THESIS RESULTS

The results of the study contain informative results about the activity choices of young individuals. In addition, this study can be used as a preliminary step in identifying activity-specific postural problems and developing appropriate rehabilitation methods to overcome these problems.

### ACADEMIC ACTIVITIES

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