RESEARCH ARTICLE

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

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Abstract

Backgrounds and Objectives: 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. **Aim**: 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. **Methods**: 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. **Results**: The study discovered a statistically significant but weak 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.

Major Findings: The results indicated a weak but statistically significant positive correlation between camera weight and neck pain, suggesting that greater camera weight can aggravate neck pain, hence emphasising the necessity for ergonomic improvements as well as suitable therapies.

Keywords: Camera Weight, Ergonomics, Neck pain, Wedding Photographers

1. Introduction

Neck pain is a frequent musculoskeletal illness that can profoundly impair a person's quality of life and productivity. Understanding neck discomfort's forms, prevalence, and work-related factors is vital for devising effective care and preventative strategies. There are two fundamental forms of neck pain: acute and chronic. Acute neck discomfort frequently lasts briefly, arising from quick muscular tension or damage, such as bad posture, unexpected movements, or sleeping wrongly. In contrast, chronic neck discomfort occurs for an extended period, usually over three months, and could be caused by underlying health concerns such as arthritis, degenerative disc disease, or structural difficulties in the neck. Chronic neck discomfort may require a complete treatment

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approach, including physical therapy, medications, lifestyle adjustments, and modifications in ergonomic and living spaces.

As of 2019, 27 people per 1000 people worldwide were reported to have neck discomfort, according to the age-standardized prevalence rate. Research reveals that the annual incidence of neck pain among workers varies from 27.1% in the Norwegian population to 47.8% in Canada's Quebec. Furthermore, 11% and 14.1% of employees said neck pain impaired their ability to accomplish specified duties[1,2]. Several established factors related to work variables can induce neck pain. These include lengthy work or study time, heavy workloads, repetitive jobs, and inappropriate body position, such as slouching or craning the neck forward. Job-related variables, such as high job expectations, poor social support, employment instability, and low job satisfaction, have also been found to be significant risk factors. Furthermore, using computers for extended durations, especially with inappropriate ergonomics (e.g., inadequate display height, chair position, or keyboard positioning), can contribute to computer-related neck pain[3,4]. Wedding photography, a job focused on capturing memorable moments, provides professionals with a unique blend of artistic and physical endurance. Among all the challenges addressed, the influence of the camera's weight is a crucial contributor to work-related neck strain. Studies show that the neck region is prone to musculoskeletal injuries, an average of 57.6% among wedding photographers, highlighting the crucial requirement for intentional investigation[5]. Wedding photographers experience different ergonomic challenges due to the nature of their work and the expectations of their clients. Their work comprises prolonged durations of challenging postures, holding heavy cameras and lenses often at or above the chest[6].

In professional photography, Digital SingleLens Reflex (DSLR) cameras reign absolute; yet, their enormous weight, mainly when combined with hefty lenses, creates considerable issues with ergonomics.

While the photographic globe is seeing an upward trend towards Mirrorless camera models, acknowledged for their small dimensions, the transition remains a fast-paced, complicated method. Several photographers continue to employ a combination of both DSLR and Mirrorless systems, adding complex challenges to the ergonomic scenario. Wedding photographers, in particular, undertake prolonged working hours, ranging from 2-3 hours to maybe as much as 5-6 hours each day, spanning 4-5 days a week. This extended exposure and the physical effort of carrying photographic equipment raise the risk of musculoskeletal illnesses, notably neck pain and discomfort. This lengthy exposure and the physical strain of lugging photographic equipment raises the risk of musculoskeletal illnesses, notably neck pain and discomfort. Research investigations, mainly new Rapid Upper Limb Assessment (RULA) research, highlight the prevalence of occupational dangers within the photography industry. Prolonged working durations and the maintenance of disagreeable postures are critical contributors to musculoskeletal illnesses[7].

However, investigations, especially those addressing the influence of camera weight on neck strain, remain scarce. A comprehensive examination of occupational health and safety interventions revealed diverse evidence for lowering upper extremity Musculoskeletal Disorders (MSDs). Ergonomics training, workplace changes, and use of arm supports were seen as measures to reduce upper extremity MSDs[8].

The burden of metropolitan bus drivers with neck discomfort workers was also researched, indicating the multifaceted nature of neck problems and the necessity to treat multiple risk factors. Other research on banking professionals and healthcare personnel indicated a significant risk of employment-related musculoskeletal diseases[9,10].

It is vital to evaluate alternate study methodologies to address the limitations of typical research frameworks in evaluating therapy for work-related Musculoskeletal Disorders (MSDs). Collaboration between researchers, ergonomics, and stakeholders is crucial for establishing and implementing effective treatments. Additionally, practical tools such as ERIN, RULA, OWAS, and REBA can assist in analyzing exposure to risk factors for work-related musculoskeletal disorders, delivering substantial insights for ergonomic adjustments[11,12]. A prospective cohort study studying neck pain and employment-related factors found a clear positive link between the percentages of time spent sitting at work and neck pain. Prolonged sitting at work and greater neck flexion were identified as potential risk factors for neck discomfort. However, the link between neck rotation and neck pain remains ambiguous[13]. These findings underline the relevance of ergonomic considerations and work postures in preventing neck pain among professionals. To bridge this research gap, this study explores the association between wedding photographers' neck pain and the weight of

their equipment using a cross-sectional study design. By identifying risk factors and the processes underlying them, this study hopes to inform the development of specific therapies to decrease neck stiffness and discomfort, boosting the overall well-being of wedding photographers.

In summary, this study attempts to add to the debate on ergonomic risk factors in photography, offering insights into wedding photographer's particular challenges. Through a rigorous examination of camera weight and its connection with neck pain, this study hopes to pave the road for therapies that support safe, ergonomic practices and establish a healthy working environment within the sector.

2. Materials and Methods

2.1 Study Design

This cross-sectional study of wedding photographers was conducted in Bengaluru, India. The study was conducted at the photographer's workplace.

2.2 Sample Size Determination

The following formula was used to estimate the sample size for proportion: $N = (z^2 * p(1-p))/margin_of_error^2$, where z is the z score for the desired confidence level z = 1.96 (at 95% Confidence Level), p is the estimated prevalence (0.50), and the margin of error is the acceptable level of precision (0.07). Substituting the values, the projected sample size was obtained as N = 196. Therefore, the projected sample size was 196 people.

2.3 Participants

For the study, 199 wedding photographers were gathered using a convenience sampling approach. To select the participants, the following inclusion and exclusion criteria were applied: Inclusion Criteria: Age range: 20-40 years, Gender: Male and female, wedding photographers using DSLR and mirrorless cameras with detachable lens systems, experience in the field: More than one year, type of shooting: hand-held photography.

Exclusion Criteria: videographers, photographers using stabilization equipment (gimbals, tripods, and monopods) for most of the photoshoot duration, trauma-related to any fractures or dislocations in the upper limb, wildlife photographers, freelance photographers, recent surgeries of the upper limb, deformity, and contractures of the upper limb, autoimmune diseases, patients undergoing treatment for neck pain, patients currently taking medications that could affect the perception of pain and stress level, participants over 40 years with chronic musculoskeletal problems

Outcome Measures: The Northwick Park Neck Pain Questionnaire was utilized to gauge the degree of neck discomfort and disability experienced by the subjects. It evaluates various aspects of neck discomfort experienced by wedding photographers due to physical work demands or heavy equipment handling. The questionnaire is structured in a manner that allows for the assessment of correlations between neck pain and specific factors, such as camera weight[14].

2.4 Statistical Analysis

The analysis was conducted using R statistical software using RStudio version (2023.12.1+402).

Descriptive Statistics summarises key variables like age, years of experience, pain intensity, and camera/lens weight. Calculated measures of central tendency (mean, median) and dispersion (standard deviation, min, max).

Pearson's correlation is used to examine the association between total camera/lens weight and neck pain intensity, reported the correlation coefficient (r) and p-value to determine statistical significance.

Linear Regression Analysis was used to assess the impact of total camera weight on neck pain reported by the regression coefficient (β), standard error, t-value, and p-value.

Shapiro-Wilk Normality Test was used to evaluate the normality of variables Pain Intensity and Total Camera Weight.

Hypothesis Testing was used to evaluate the presence of significant positive or negative associations between camera weight and neck pain, and the test statistic and p-value to determine the statistical significance.

3. Results

3.1 Prevalence of Neck Pain

The investigation found that the prevalence of neck pain among the wedding photographers in the sample was 16.08%. This finding implies that a large proportion of the participants experienced varied levels of neck discomfort,

underlining the urgency of addressing this issue within this occupational group.

The participants' age distribution exhibits diverse representation across several age categories. Out of the 199 participants, there are 12 individuals in the age category of 20-25, which accounts for around 6.03% of the whole sample.

Within the age range of 25 to 30, 49 individuals account for approximately 24.62% of the total. The age range of 30 to 35 years includes 54 participants, making up around 27.13% of the entire dataset.

The most significant portion comprises individuals aged 35-40, with 84 participants accounting for approximately 42.21% of the sample. The mean age of the participants was 34.55 years, with a standard deviation of 6.24 years.

The statistical analysis displayed the frequency of participants as a percentage, indicating that out of the 199 individuals who participated in the study. Of the 193 participants, 187 were male, and six were female.

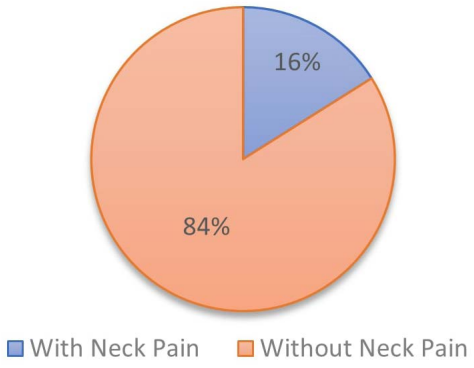


Figure 1. Prevalence of neck pain.

Table 1. Age distribution of participants

Age Group	Frequency	Percentage
20-25	12	6.03%
25-30	49	24.62%
30-35	54	27.13%
35-40	84	42.21%

Table 2. Gender distribution among wedding photographers

Gender	Frequency	Percentage
Male	193	96.98%
Female	6	3.01%

Table 3. Descriptive statistics of age, years of experience, pain intensity, and total camera weight

Variable	Mean	Median	Min	Max	SD
Age	34	35	20	65	5.07
Years of Experience	13.07	12	1	40	6.87
Pain Intensity	0.1959	0	0	2	0.47
Total Weight (Lens + Camera)	1569.4	1491	972	3820	386.8

*SD – Standard Deviation

Age: The mean age of the participants is 34 years, with a standard deviation of 5 years. Years of Experience: The mean years of experience is 13.07, with a standard deviation of 6.87.

Pain Intensity: The mean pain intensity is 0.196, with a standard deviation of 0.479.

Total Weight (Lens + Camera): The mean total weight is 1569.4 grams, with a standard deviation of 386.8 grams.

Years of Experience: The mean years of experience among the participants was 13.07 (SD = 6.8), showing that the sample consisted of experienced wedding photographers. This experience distribution is congruent with the age distribution, as older photographers tend to have more professional experience.

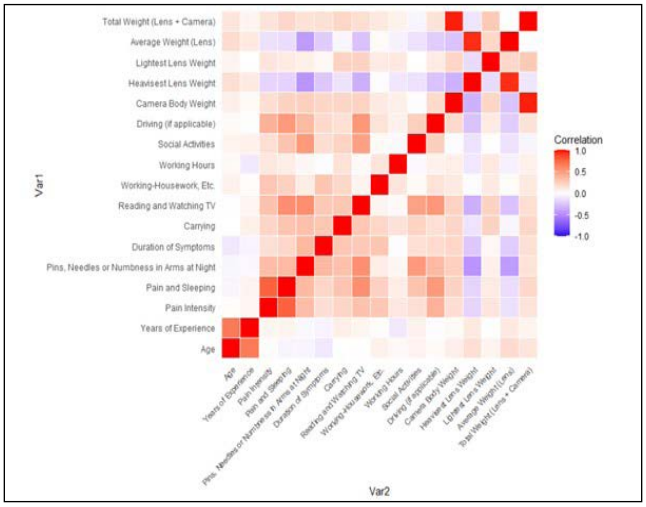


Figure 2. Correlation heatmap.

Camera and Lens Weight: The descriptive statistics revealed that the mean total weight of the camera plus lens was 1569.4 grams (SD = 386.90 grams). The mean weight of the camera body was 770.78 grams (SD = 399.9 grams), while the mean weight of the lenses was 798.65 grams (SD = 97.9 grams).

This shows that the wedding photographers in the sample utilized somewhat heavy camera equipment, which may have contributed to developing neck strain.

The correlation heatmap indicates strong positive correlations between age and years of experience, as well as between body weight and working hours. This suggests that older individuals have more experience, and those with higher body weight may work longer hours.

The correlation analysis showed a statistically significant but weak positive association ($r = 0.139$, $p < 0.05$) between pain severity and overall weight (camera + lens). This implies that as camera and lens weight increases, there is a minor trend for increasing pain intensity among subjects, although a weak correlation indicates other factors that may also contribute to neck pain.

Positive Association Hypothesis: Interpretation: The p-value of 0.0096 suggests that the null hypothesis is rejected, revealing a substantial positive correlation between camera weight and neck pain. In other words, when the camera weight increases, the subjects notice a noticeable increase in neck pain.

Negative Association Hypothesis Interpretation: The p-value of 0.9904, much higher than the significance level, fails to reject the null hypothesis. This implies no significant negative correlation between camera weight and neck pain. Therefore, increasing camera weight does not lessen neck pain considerably.

The scatter plot implies that the total weight of the camera and lens may moderate pain severity among wedding photographers. A fitted regression line represents the trend.

The linear regression study further studied the association between camera and total weight (Camera Body + Lens) and neck pain. The results suggested that the overall weight of the camera and lens had a marginally significant positive effect on pain severity ($\beta = 0.0001721$, $p = 0.05$).

Table 4. Hypothesis testing for association between total camera weight and neck pain

Hypothesis	Test Statistic	p-value	Interpretation
Positive Association Hypothesis	2.36	0.0096	Reject H0. There is a significant positive association between camera weight and neck pain.
Negative Association Hypothesis	2.36	0.9904	Fail to reject H0. There is no significant negative association between camera weight and neck pain.

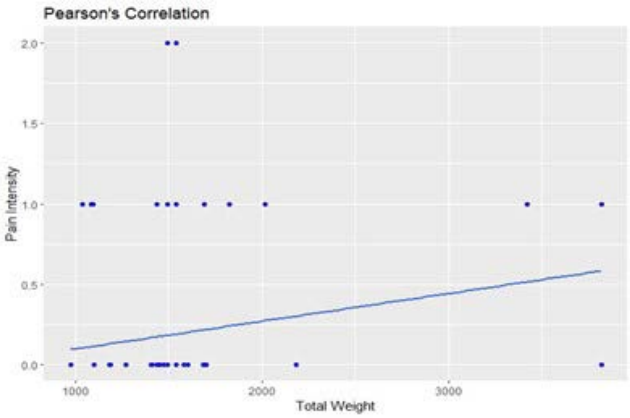


Figure 3. Linear regression analysis.

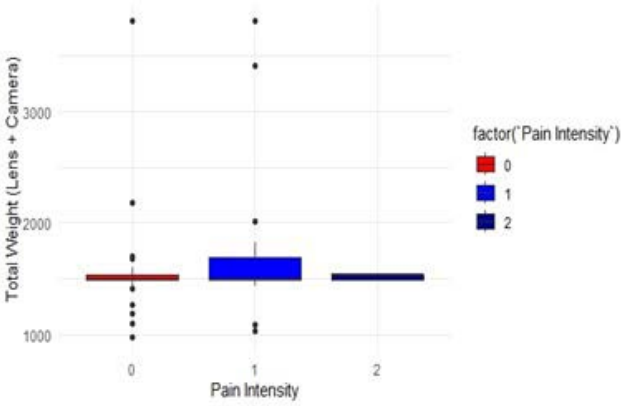


Figure 4, Box plot of total weight by pain intensity.

The boxplot of camera body weight by pain intensity reveals that individuals experiencing mild pain tend to have slightly higher body weights than those with no pain. This shows a potential relationship between pain intensity and camera body weight.

4. Discussion

The study seeks to investigate the occurrence of neck pain among wedding photographers in Bengaluru and examine the potential link between camera weight and the development of neck discomfort in this occupational group. The findings provide vital insights into the unique problems wedding photographers face and imply substantial implications for tailored strategies to address this recurrent issue.

The study showed that the prevalence of neck pain among the participating wedding photographers was 16.08%. This study corresponds with past research that has revealed neck discomfort as a widespread musculoskeletal problem among several occupations, including office workers, bus drivers, and healthcare professionals[15,16].

However, the unique character of the wedding photography business, with its specific demands and equipment requirements, justifies thoroughly considering the factors contributing to neck pain in this demographic. One of the key elements explored in this study was the association between camera weight and neck pain. Results demonstrated a substantial positive association between the overall weight of the camera and lens and the severity of neck pain experienced by the photographers. This conclusion implies that when the weight of the camera and lens increases, there is a proportionate increase in the amount of neck pain reported by the individuals in the study. The demand for mirrorless cameras among wedding photographers in recent years may be linked to their reduced weight and greater ergonomics than regular DSLR cameras. Mirrorless cameras frequently offer a more pleasant and ergonomic handling experience, potentially easing the pressure on the neck and shoulders during continuous use[17].

The more significant usage of the viewfinder in DSLR cameras and the need for extended shooting sessions (sometimes surpassing 5-6 hours) may have contributed to the higher prevalence of neck pain among photographers utilizing these heavier camera systems. However, it is crucial to highlight that the bias in reporting neck pain may be prevalent due to the switch from DSLR to mirrorless cameras. Photographers may recall suffering greater pain when using their older, heavier DSLR equipment. However, they may not report the same difficulty when using the newer, lighter, mirrorless cameras. The shooting style and tactics adopted by the photographers may also play a part in developing neck pain. Photographers who engage in more traditional, static wedding photography, frequently keeping a precise posture with heavy camera equipment, may be more prone to neck pain than those who pursue a more dynamic, candid approach using lighter mirrorless cameras. The latter group may be able to move more freely and adjust their shooting angles, thereby lessening the strain on their necks. While the camera's body weight is an essential element, the weight of the lens also contributes significantly to the overall burden on the photographer's neck and shoulders. Regardless of the camera system employed, the transition to lighter lenses or the introduction of mirrorless cameras may not reduce the danger of neck pain, as the lens weight can still have a substantial impact. The cost ramifications of moving to mirrorless camera systems should also be examined. For some photographers, the transfer to newer, lighter equipment may be a significant expense, perhaps providing a barrier to embracing these ergonomic solutions[18].

However, the long-term benefits of reduced neck pain and greater work-life balance may offset the initial financial hardship. It is worth mentioning that a subset of photographers in the research continued to use DSLR camera systems, citing their reliability and the familiarity of the equipment. This implies that the decision to transition to mirrorless cameras is not universal, and individual tastes and shooting requirements may play a factor in the choice of camera system. The outcomes of this study have substantial consequences for the wedding photography industry and the well-being of its practitioners. Targeted treatments, such as ergonomic training and advice, regular pauses, and the marketing of lighter and well-designed camera equipment, may help decrease neck pain among wedding photographers. Encouraging mirrorless cameras and lightweight lenses and teaching photographers about good posture and camera handling practices could be effective strategies to alleviate this frequent issue[5].

The study population only consisted of about 3.01% female subjects, which limited the assessment of gender-based differences in neck pain prevalence and severity in wedding photographers. Future studies should aim to include more balanced gender representation by employing strategies such as reaching out to female photography networks, associations, and social media to ensure a complete analysis of the gender-specific needs of this occupational group.

Nevertheless, it is important to note that these findings may not apply to all forms of wedding photography, as the distinct requirements of different cultural customs may impact the frequency and severity of neck pain. Moreover, the range of wedding durations, which can span from one day to as long as a week, and the occurrence of multiple weddings within a single week can significantly impact neck pain[19].

Future research should incorporate a broader range of wedding photographers in the sample and investigate whether the observed connections remain consistent

across different types of weddings, cultural settings, and various photography approaches to deepen our understanding of neck pain in this occupation.

The study employed convenience sampling for participation selection, which may introduce selection bias. To reduce this bias, the region of Bengaluru was divided into 8 zones according to the municipal corporation (BBMP). Samples were recruited equally across these zones and had varying experience and equipment use.

The convenience sampling method used could generalize the findings of the study. Future studies should consider using sampling methods such as stratified sampling to ensure representation across subgroups with varying experience levels, equipment use, and genders.

Furthermore, carrying out longitudinal studies to evaluate the prolonged consequences of camera weight and shooting techniques on neck pain would offer a more profound understanding of this matter's chronic implications. Examining the impact of various camera systems, such as DSLR versus mirrorless, on neck pain and overall ergonomics could provide additional insights for making equipment suggestions to photographers.

The study also emphasizes the necessity of a comprehensive workplace health and safety strategy in the wedding photography industry. Addressing elements beyond camera weight, rest periods, such as work-life balance, stress management, and overall physical and mental well-being, may assist in a more comprehensive solution to the neck pain problem among wedding photographers[5,19].

5. Conclusion

The study finds a substantial correlation between camera and lens weight and neck strain among wedding photographers. A large number (16.08%) reported varied levels of neck discomfort, emphasizing the impact of this musculoskeletal issue. The study suggests that heavier camera equipment may contribute to neck pain. The study's findings imply the need for multimodal strategies and focused treatments like ergonomic modification and postural education.

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