

Abstract and Keywords

Background

Exposure to noise poses a significant risk of hearing damage, especially for professional groups such as music teachers. Despite awareness of the risks, many music teachers do not regularly use hearing protection, thus increasing the risk of hearing damage. It is important to raise awareness and promote the use of hearing protection among music teachers to prevent potential damages.

Purpose

The purpose of this project is to investigate the use of hearing protection among music teachers in Sweden, and whether there is a correlation between awareness of the risk of hearing damage and the use of hearing protection.

Method and Materials

A cross-sectional study was conducted among music teachers in Sweden. Data were collected through a digital survey distributed via Facebook groups, and statistical analysis was performed using SPSS software.

Results

The participants ($n=49$), 92% women, are aged 20 to 64 with an average age of 42 years. Most of them work in primary schools and teach music 10–29 hours per week. Half of the participants do not use hearing protection at all, while the other half use them 1–9 hours per week. All participants are aware of the risk of hearing damage during music teaching. However, the results show no significant relation between awareness of risks and the use of hearing protection. Even though all participants consider themselves completely or partially aware of the risks, the use of hearing protection is not as high.

Conclusion

Support is needed to increased the use of hearing protection and reduce hearing damage among music teachers in Sweden. Future research is needed to investigate other factors influencing the use of hearing protection among music teachers.

Keywords

Cross-sectional study, hearing damage, hearing protection, music teachers, risk