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Prevalence of Musculoskeletal Disorders among Primary School Teachers in Punjab (India) - A Case Study

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Background: Musculoskeletal Disorder have been described as the most disreputable and common causes of severe long term pain and physical disability that affect hundreds of millions of people across the world. From the literature review it is observed that the musculoskeletal disorder is very common among School teachers.

Objective: The purpose of this paper is to examine prevalence of musculoskeletal disorder among the Primary school teachers.

Material and Method: A self designed questionnaire based on Nordic musculoskeletal disorder was delivered to hundred Primary school teachers in district Nawanshahr, Punjab. Out of which eighty five questionnaires were responded completely and fifteen questionnaires were responded partially which have not been included in the study. The recorded data has been analyzed using Chi-square test with statistical package for the social sciences (SPSS 21).

Results: Participants suffering from MSD during the last 12 months reported high problem in the Neck (58.6%), low-back (48.4%), and shoulder (40.7%) and upper back (38.5%) and low pain problem in the knees (20.5%), hand/wrist (19.5%), foot/ankle (15.3%) and other parts of the body. In the present study it was found that most of prevalence of MSD is found in Female teachers as compared to male teachers. It is also observed that age, smoking, drinking habits, long working hours, bad work postures, and unhealthy working conditions also contribute to the MSD problems in Primary school teachers. Conclusion: the study showed that a prevalence of high disorders is found in the Neck, low back, shoulder, upper back and prevalence of low disorder is found in the knees, hand/wrist etc. It is recommended that proper work posture, healthy working conditions and proper working hours must be provided which make the work easier and more relaxed.

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