Work-Related Musculoskeletal Discomforts among College Teachers: An Assessment

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Abstract

The main objective of this study is to assess the work-related musculoskeletal discomforts (WMSDs) among college teachers. The study was a descriptive research. Survey questionnaire and modified Nordic Musculoskeletal Questionnaire were used as a research instrument to gather information from full time college teachers with a lecture method of teaching. The proponents surveyed 109 college teachers using purposive non-random sampling. The percentage formula, weighted mean, and Pearson's chi-square were the statistical treatment used in the study and the significant relationship between the level of physical discomforts and the respondent's demographic profile, and teaching-related factors were determined. Demographic profile includes age, gender, height, weight, type of school, and teaching experience. Working condition has been identified in terms of teaching hours, preparations per week, average class size length of standing and sitting per day, and the commonly used teaching technique. As a result, the top three body parts which experienced discomforts were lower back ($\bar{x}$ = 2.55; 2.72), shoulders ($\bar{x}$ = 2.46; 2.61), and ankles/ feet ($\bar{x}$ = 2.44; 2.58), respectively, for both left and right side, and interpreted as having mild to moderate pain. This showed that college teachers are also having physical discomforts that may contribute in developing musculoskeletal disorders.

Keywords: Musculoskeletal disorder, physical ergonomics, lower back, working condition, standing

Biographies

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