

A Survey on Knowledge, Attitude and Practice of Ergonomics among Engineering Students in North Karnataka

Kalpana

Student, Industrial & Production Engineering, PDA College of Engineering, Kalaburagi India
somshettykalpana@gmail.com

Qutubuddin S.M.

Professor, P.D.A. College of Engineering, Kalaburagi, India
syedqutub16@gmail.com

Md. Aslam

Student, Industrial & Production Engineering, PDA College of Engineering, Kalaburagi India
aslammd44960@gmail.com

Gunderaya

Industrial & Production Engineering, P.D.A. College of Engineering, Kalaburagi, India
gunderayash2001@gmail.com

Umaira Shahneen

Student, Faculty of Engineering, Sharnbasva University, Kalaburagi, India
umairashahneenkhan@gmail.com

Abstract

The aim of the current study was to ascertain the level of ergonomics awareness among engineering students in North Karnataka. The students are practically sitting or standing during their classes or laboratory work. Incorrect sitting postures on chairs, desks and computer workstations and sitting for extended periods may cause pain and muscular discomfort. Ergonomics awareness among the engineers is an early step to implement and practice ergonomics effectively. Without an awareness and understanding of ergonomics and its benefits, implementation of ergonomics may be difficult thus affecting the students' performance and health. A questionnaire consisting about 14 questions was designed and given to students from five engineering colleges in North Karnataka. After initial screening 294 response were analyzed statistically (54.08% male and 45.92% female). The student represented different streams of engineering like Computer Science, Electrical, Civil and Mechanical Engineering. About 52 % reported awareness of ergonomics and 48% were not aware. About 64% students reported muscular discomfort in different body parts. 51.7% agreed to the usefulness of ergonomics information and awareness and about 55% were opined that ergonomics should be taught across all disciplines. The study highlighted the ergonomic awareness among engineering students and brought into focus the importance of studying ergonomics across all disciplines, in order to improve the postures, performance, comfort and health of the students. It is for the academic planners to incorporate the level of ergonomics

awareness to engineering students. One simple approach may be to give orientation program to all students on the awareness and benefits of ergonomics.

Keywords

Ergonomics Awareness, Awkward Postures, Muscular Discomfort, Computer Workstation