



## ON KNOWLEDGE REGARDING IMPORTANCE OF MAINTAINING PROPER BODY POSTURE AMONG OFFICE EMPLOYEES OF KOLLAM.

### Nursing

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### ABSTRACT

**Introduction:-** Body mechanics” is a term that indicates a coordinated effort of the musculoskeletal and nervous systems to maintain balance, posture, and body alignment in daily life, which is directly related to effective bodily functioning. Improper working posture increases the risk of damage to the body. Body mechanics refers to the method of efficiently using the body when making movements, such as bending the body, lifting a heavy object or person, stretching an arm, sitting, standing, or lying while performing tasks.

#### Materials and methods

- **Research approach and design:** One group pre test post test research design was used to conduct the study.
- **Sampling technique:** purposive sampling method was adopted.
- **Sample:** 29 office employees of Kollam.
- **Tool :** structured knowledge questionnaire was used to assess the knowledge regarding the importance of maintaining proper body posture among employees

**Result:** The data shows that out of 29 samples 37.93 belongs to 41-50 years of age group. 58.62 percentage were males ,41.37 were having education post graduation ,75.86 were married , 37.93 were having , 68.96 percentage were belongs to nuclear family,65.51 were belongs to APL, 37.93 had BMI between 29-39.

**Conclusion:-** the findings of the study revealed that there was statistically significant difference in the knowledge of the importance of maintaining proper body posture among employees the present study indicated that there was a significant difference between mean pretest and post test knowledge score regarding knowledge of the importance of maintaining proper body posture among employees, Since the calculated t value 1.89 is greater than the p value 0.03398, at 0.05 level of significance, the research hypothesis is accepted and video assisted teaching is found to be effective at kollam.

### KEYWORDS

Video assisted teaching, Knowledge, Body posture, Office employees

#### INTRODUCTION

Poor body mechanics are often the cause of back problems. When we don't move correctly and safely, the spine is subjected to abnormal stresses that over time can lead to degeneration of spinal structures like discs and joints, injury, and unnecessary wear and tear. Good body mechanics are based on good posture. Good posture means the spine is in a "neutral" position - not too rounded forward and not arched back too far. Being aware of your posture during all of your daily activities is the best way to ensure you are using good body mechanics.

Low back pain is an important public health problem in all industrialized countries. It remains the leading cause of disability in persons younger than 45 years old and comprises approximately 40% of all compensation claims in the United States. More than one-quarter of the working population is affected by LBP each year with a lifetime prevalence of 60–80% and a large percentage of LBP claims for long durations (more than 90 workdays lost). With the rapid development of modern technology, sitting has now become the most common posture in today's workplace.

#### MATERIALS AND METHODS

quantitative approach One group pre test post test research design was used in this study. Purposive sampling technique was applied for the selection of samples , sample were 29 office employees to assess the effectiveness of video assisted teaching on knowledge regarding importance of maintaining proper body posture at Kollam, prior to data collection a formal return permission was obtained from the institution the purpose of the study was explained to the sample , pretest was done on the first day followed by video assisted teaching on knowledge regarding importance of maintaining proper body posture and the post test was conducted on the 7<sup>th</sup> day. The data collection terminated by thanking the participants for their co-operation the data collected was then compiled for analysis.

#### RESULT:

##### SECTION :I

Description of demographic variables.

This section deals with the frequency and the percentage distribution of demographic variable

**Samples according to their age-** The data shows that out of 29 samples 3.44 %belongs to age group of 20 -30 years , 34.48% belongs to 31-40 years 37.93% belongs to 41-50 years of age and 20.68% belongs to 51-60 years of age group.

**Samples of according to their sex-** 58.62 percentage were males and 41.37 were females.

**Samples of according to their education-** 17.24 percentage have diploma, 37.93 have degree and 41.37 were having post graduation.

**Samples according to their marital status-** 75.86 were married, 20.68 were unmarried and 3.44 are widow.

**samples of according to their job experience-** 17.24% were having 1-5 years of experience, 24.13% were having 6-10 years of experience, 37.93% were having 11-15 years of experience and 24.13% percentage were having above 15 years of experience.

**Samples of according to their Family-** 31.34% were in joint family and 68.96% percentages were belongs to nuclear family.

**Samples of according to their economic status-** 34.48 were belongs to BPL and 65.51 were belongs to APL.

**Samples of according to their previous knowledge-** Out of 29 samples majority of the samples were not having any

previous knowledge

samples of according to their Body Mass Index-37.93% were having BMI between 29-39 and 62.68% were having BMI between 40-50.

**SECTION 2**

Analysis of knowledge regarding proper body posture.

**Table 1: Frequency and percentage distribution of pre test knowledge regarding the importance of maintaining proper body posture among employees. (N=29)**

Score	Frequency	Percentage
Moderate	01	3.44%
Average	28	96.55%
Good	0	0%

The data presented in the table 1 show that out of 29 samples 3.44% had moderate knowledge and 96.55% had average knowledge.

**Table 2: Frequency and percentage distribution of post test knowledge regarding the importance of maintaining proper body posture among employees. (N= 29)**

Level of Knowledge	Frequency	Percentage
Moderate	0	0
Average	20	68.96%
Good	9	31.03%

The data presented in the table 2 shows that out of 29 samples 68.96% have average knowledge and 31.03% have good knowledge. No one have moderate knowledge.

**Table 3: Effectiveness of video assisted teaching module. (N= 29)**

	Mean (x)	Standard Deviation	t'
Pre test	13.34	2.32	1.89
Post test	14.93	3.44	

The table shows that in the pre test the mean is 13.34 and the standard deviation is 2.32. In the post test the mean is 14.93 and the standard deviation is 3.44.

Since the calculated t value 1.89 is greater than the p value 0.03398, at 0.05 level of significance, the research hypothesis is accepted and video assisted teaching is found to be effective.

**SECTION 4**

To find out the association of knowledge regarding the importance of maintaining proper body posture among office employees with selected demographic variables.

Table 1: Chi square value showing association of knowledge regarding the importance of maintaining proper body posture among office employees with selected demographic variables. (N= 29)

Sl. No	Demographic variables	Knowledge			Chi square values	Level of significance	
		Moderate	Average	Good			
1. Age	20 -30	0	1	0	3	1.603	NS
	31-40	0	10	0			
	41-50	1	11	0			
	51-60	0	6	0			
2. Sex	Male	0	17	0	1	1.467	NS
	Female	1	28	0			
3. Education	Diploma	1	5	0	2	3.970	NS
	Degree	0	11	0			
	Postgraduation	0	12	0			
4. Marital Status	Married	1	21	0	2	0.330	NS
	Unmarried	0	6	0			

5. Job experience	1-5 years	0	5	0	3	1.787	NS
	6-10 years	0	7	0			
	11-15 years	1	10	0			
	>15 years	0	7	0			
6. Family	Joint	1	8	0	3	2.302	NS
	Nuclear	0	20	0			
7. Economic status	BPL	0	10	0	1	0.545	NS
	APL	1	18	0			
	Previous knowledge	Yes	0	4			
No	1	24	0				
9. BMI	29-39	0	11	0	-		NS
	40-50	0	18	0			

**DISCUSSION**

A longitudinal observational study of back pain incidence, risk factors and occupational physical activity in Swedish marine trainees to evaluate the occurrence of low back pain (LBP) and LBP that limits work ability, to identify their potential early risks and to quantify occupational physical activity in Swedish Armed Forces marines during their basic 4 month marine training course. In the present study asses the effectiveness of video assisted teaching on knowledge regarding importance of maintaining proper body posture among office employees. Participants Fifty-three Swedish marine trainees marines entering the training course. In the present study 29 office employees were selected with purposive sampling technique. Results During the training course, 68% of the marines experienced at least one episode of LBP. This yielded a LBP and LBP limiting work ability incidence rate of 13.5 (95% CI 10.4 to 17.8) and 6.3 (95% CI 4.2 to 10.0) episodes per 1000 person-days, respectively. Previous back pain and shorter body height ( $\leq 1.80$  m) emerged as independent risks for LBP (HR 2.5, 95% CI 1.4 to 4.3; HR 2.0, 95% CI 1.2 to 3.3, respectively), as well as for LBP that limited work ability (HR 3.6, 95% CI 1.4 to 8.9; HR 4.5, 95% CI 2.0 to 10.0, respectively). Furthermore, managing fewer than four pull-ups emerged as a risk for LBP (HR 1.9, 95% CI 1.2 to 3.0), in the present study the pre test shows that out of 29 samples 3.44% had moderate knowledge and 96.55% had average knowledge and the post test knowledge score was 68.96% have average knowledge and 31.03% have good knowledge. No one have moderate knowledge, while physical training of fewer than three sessions per week emerged as a risk for LBP that limited work ability (HR 3.0, 95% CI 1.2 to 7.4). More than 80% of the work time measured was spent performing low levels of ambulation; however, combat equipment ( $\geq 17.5$  kg) was carried for more than half of the work time. Incidents of LBP are common in SwAF marines' early careers. The link between LBP and previous pain as well as low levels of exercise highlights the need for preventive actions early on in a marine's career. The role of body height on LBP needs further investigation, including its relationship with body-worn equipment, before it can effectively contribute to LBP prevention. In the present study the effectiveness of video assisted teaching shows that in the pre test the mean is 13.34 and the standard deviation is 2.32. In the post test the mean is 14.93 and the standard deviation is 3.44. Since the calculated t value 1.89 is greater than the p value 0.03398, at 0.05 level of significance, the research hypothesis is accepted and video assisted teaching is found to be effective. The calculated value was greater than the table value at 0.05 levels of significant

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