



INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY RESEARCH

IN SCIENCE, ENGINEERING, TECHNOLOGY AND MANAGEMENT

Volume 10, Issue 3, March 2023



INTERNATIONAL
STANDARD
SERIAL
NUMBER
INDIA

Impact Factor: 7.580



+91 99405 72462



+9163819 07438



ijmrsetm@gmail.com



www.ijmrsetm.com

Prevalence of Musculoskeletal Disorders among Housewives in Waghodia District

Dr.Dhaval kolcha, Dhruvi Sojitra, Trupti Rabadiya

Masters in Musculoskeletal and Sports, Parul Institute of Physiotherapy, Parul University, Vadodara, India

Bachelor of Physiotherapy, Parul Institute of Physiotherapy, Parul University, Vadodara, India

Bachelor of Physiotherapy, Parul Institute of Physiotherapy, Parul University, Vadodara, India

ABSTRACT: BACKGROUND: All over the world, musculoskeletal disorders (MSDs) are responsible for considerable human social and house work-related burdens in terms of pain, distress at work, disability and quality of life. The MSDs are important health problems in working population. This study objectified the prevalence of house work related musculoskeletal disorders in house wife of waghodiya district.

AIM: To determine the House Work-Related Musculoskeletal Disorders amongst the house wife of waghodiya district.

OBJECTIVES: The primary objective of this study was to determine the prevalence of musculoskeletal disorder among housewives of waghodiya district.

KEYWORDS: Prevalence, WMSDs, The Housewives, NMQs

INTRODUCTION

Musculoskeletal disorders include a wide range of inflammatory and degenerative conditions affecting the muscles, tendons, ligaments, joints, peripheral nerves, and supporting blood vessels. These include clinical syndromes such as osteoarthritis, as well as less well standardized conditions such as myalgia, low back pain and other regional pain syndromes not attributable to known pathology. Body regions most commonly involved are the low back, neck, shoulder, forearm, and hand, although recently the lower extremity has received more attention. Lourd women have a higher musculoskeletal morbidity than men in general populations. According to the traditional model, biological differences in body shape, size, muscle mass, muscle strength and aerobic capacity!!

A musculoskeletal disorder is defined as a musculoskeletal injury that results from house work-related event.

This may be because of work load, work restriction, or transfer ring things activity. This group has a moderately high prevalence of low back pain. Housewives commonly in standing position so the low back pain and also the upper limb is also exposed to risk factors associated with musculoskeletal and neurovascular disorders. In addition, these professionals routinely perform activities that involve cooking in standing position for a prolonged period of time. These work tasks put housewives at risk for both acute and cumulative musculoskeletal pain. Women are often responsible for tasks such as dusting, washing bathroom and toilets, cleaning windows and mirrors and bed that can lead to contact with a variety of physical contact stress and consequently MSDs and but of course taking care of whole family needs 7)

Today, the MSDs are the most important occupational health issues around the world and are prevalent among almost all the occupations, so that, most people experience musculoskeletal pain during their life. [3] the house work women such as this kind of things like soft tissue injury, sprain, bursitis. Some occupations that require lifting and bending posture can lead to carpal tunnel syndrome and this disorder is more common in women than men. Different anthropometric characteristics between men and women are another factor that can lead to differences in prevalence and incidence of MSDs between two genders. Musculoskeletal disorders (MSDs) are defined as injuries and disorders in different parts of the body including muscles, nerves, tendons, ligaments, joints, cartilage and spinal. These disorders are the main reasons for disability and low quality of life. On the other hand, the MSDs are as major public health problem that impose direct and indirect costs to the health care system. [31]

Musculoskeletal disorders (MSDs) are defined as injuries and disorders in different parts of the body including muscles, nerves, tendons, ligaments, joints, cartilage. A variety of household chores expose women to a variety of biomechanical and psychosocial risk factors. A result of this is many housewives with musculoskeletal disorders. Given the interactive effects of these risk factors,

it is necessary to consider multiple strategies to mitigate their effects. Accordingly, the present study will investigate the impact of a health promotion training program based on a participatory ergonomic approach towards a reduction in the prevalence of musculoskeletal disorders and an improvement in the quality of life of housewives.[4]

II.REVIEWS OF LITERATURE

Jonas MinetKinge(2015)Study conducted On Musculoskeletal disorder in Norway prevalence of chronicity and use of primary and specialist health care services chronic musculoskeletal disorders were common in the general population ,with higher prevalence among women compared to men, and increasing prevalence with age. musculoskeletal disorders had considerable impact on the use of primary and specialist health services in Norway. The use of register data on health service utilization may be a useful source for monitoring population trends, and for estimating the burden in terms of health and health service use

AsmaArju(2018)Study conducted on Pattern of Household activities and its Effects on low back pain among housewives attend for physiotherapy treatment at CRP, Savar. this study reveals that all of the married women have to do their household activities regularly after marriage for a long period in prolong sitting, standing or bending posture from early morning to night of time at home. Therefore, elder house wife develop LBP more as the duration of married life and duration of doing household activities are high among them. According to the findings of the study it is needed to change the agronomical setting at home to prevent poor posture and provides proper guidelines about the posture and way during work which may help to prevent social and economic burden for LBP.

RRHabib (2012)Study conducted on Hard work at home: musculoskeletal pain among female homemakers. This study contributes to the literature by studying women housework activities in association with musculoskeletal pain. The role of women in house making activities is explored together with physical exposure leading to reported symptoms. This study adds a perspective of a middle eastern context to the literature of women musculoskeletal health

Sanjidanawrin (2020)Study conducted on Musculoskeletal pain among rural homemakers and their Health seeking behaviors. This study shows that housework exposed musculoskeletal pain on the different sites of the body. Although suffers sought treatment in this regard, it is necessary to improve policies & intervention for reducing possible risks of musculoskeletal pain among Homemakers

- Mohamed zerf(2017)Study conducted on Obesity degrees and their relationships with weakness of musculoskeletal system among the obese housewife. Obesity degrees predicts the weakness of musculoskeletal.

III.METHOD

The study design adopted was a survey study. A total of 100 samples were collected by the study conducted in different areas. Data was collected by using the paper form and questionnaire paper form using Nordic Musculoskeletal Questionnaire. Descriptive statistics were used to represent the result of the data analysis.

IV.RESULT

The result of the study shows that, participants are falling in the age range 11-70 years are more vulnerable. Most of the participants are working as a housewives work at home activity for 11 to 120 hours per week most commonly suffered by WMSDs. In this search. it was found out that most of participants had musculoskeletal disorders with high prevalence of One or Both Knees and Lower back pain. The results indicates the most discomfort of body regions is in the Knees(55%) , Lower Back(53%).

V.CONCLUSION

The study represents strong evidence that WMSDs was common among the housewives of waghodia district. The most affected body parts were Knees, Lower Back. The factor used were working hours, working experience and Nordic Musculoskeletal Questionnaire.

REFERENCES

1. Nazish N, Charles MJ, Kumar V. Prevalence of musculoskeletal disorder among house wives andworkingwomen.IJHSR.2020;10(2):215-2.
2. Kalra S, Bhatnagar B. Prevalence of musculoskeletal disorder among housewives. InternationalResearchJournal of

- Engineering and Technology (IRJET) e-ISSN. 2017;2395-0056.
3. Fazli B, Ansari H, Noorani M, Jafari SM, Sharifpoor Z, Ansari S. The prevalence of musculoskeletal disorders and its predictors among Iranians' Housewives. *Epidemiology and Health System Journal*. 2016 Feb 1;3(1):53-62.
4. Norouzi S, Tavafian SS, Cousins R, Mokarami H. Study protocol for a randomized controlled trial to improve the quality of life of housewives with musculoskeletal disorders: a health promotion intervention based on a participatory ergonomic approach—the Housewives Ergonomic Intervention (HEI) trial. *Trials*. 2021 Dec; 22:1-0.
5. Saat NZ, Hanawi SA, Farah NM, Hanafiah H, Zuha AA. Relationship between physical activity and musculoskeletal disorders among low-income housewives in Kuala Lumpur: A cross sectional study. *Plus one*. 2022 Oct 6;17(10):e0274305.
6. Dhane S, Khare T. Evaluation of Musculoskeletal Disorders among the Housewives in Nagpur City, Maharashtra. *International Journal of Research and Innovation in Social Science*. 2017;1(1):39-40.
7. Golam K. *Common musculoskeletal complaints among the housewives* (Doctoral dissertation, Department of Physiotherapy, Bangladesh Health Professions Institute, CRP).
8. Kumar Sharma SM, Shaikh FV, Bhovad PD, Kale JS, Gupta YP, Bhuta MB. Risk of Musculoskeletal Disorders Associated with Kitchen Platform Tasks in Young and Middle-Aged Women of a Metropolitan City: An Observational Cross-Sectional Study. *Indian Journal of Occupational Therapy* (Wolters Kluwer India Pvt Ltd). 2019 Oct 1;51(4).
9. Kinge JM, Knudsen AK, Skirbekk V, Vollset SE. Musculoskeletal disorders in Norway: prevalence of chronicity and use of primary and specialist health care services. *BMC musculoskeletal disorders*. 2015 Dec; 16:1-9.
10. Arju A. *Pattern of Household Activities and Its Effects on Low Back Pain among Housewives Attended for Physiotherapy Treatment at CRP, Savar* (Doctoral dissertation, (Bangladesh Health Professions Institute, Faculty of Medicine, the University of Dhaka, Bangladesh; 2018-06-30)).
11. Habib RR, El Zein K, Hojeij S. Hard work at home: musculoskeletal pain among female homemakers. *Ergonomics*. 2012 Feb 1;55(2):201-11.
12. Nawrin S, Hasan MM. Musculoskeletal Pain among Rural Homemakers and their Health Seeking Behaviors. *Clin & Med Sci*. 2020;2(1).
13. Zerf M. Obesity degrees and their relationships with weakness of musculoskeletal system among the obese housewife. *Saudi Journal of Sports Medicine*. 2017 Jan 1;17(1):7.
14. Subhi S, Shamsi II, Kumar U. Common Repetitive Stress Injury among Housewives, Karachi Pakistan. *Indian Journal of Physiotherapy & Occupational Therapy*. 2018 Oct 1;12(4).
15. Rui LH, Cheung TW, Zixian Y, Pratt AL. A pilot study: Exploring the musculoskeletal risk exposure associated with drying laundry using the public housing pipe-socket system amongst women in Singapore. *Work*. 2018 Jan 1;61(3):449-61.
16. Melese H, Gebreyesus T, Alamer A, Berhe A. Prevalence, and associated factors of musculoskeletal disorders among cleaners working at Mekelle University, Ethiopia. *Journal of Pain Research*. 2020 Sep 9;2239-46.
17. Karthik S, Sirnaik F. LOW BACK PAIN AND ITS IMPACT ON ACTIVITIES OF DAILY LIVING AND GENERAL HEALTH IN PRIMARY CAREGIVERS OF CHILDREN WITH CEREBRAL PALSY.
18. Cederbom S. Ability in everyday activities and morale among older women with chronic musculoskeletal pain living alone: A behavioural medicine approach in physiotherapy. *Karolinska Institutet (Sweden)*; 2014.
19. Cheung TW, Clemson L, O'Loughlin K, Shuttleworth R. Ergonomic education on housework for women with upper limb repetitive strain injury (RSI): a conceptual representation of therapists' clinical reasoning. *Disability and Rehabilitation*. 2018 Dec 18;40(26):3136-46.
20. AlShahrani E, AlShahrani A, Al-Maflehi N. Personal factors associated with carpal tunnel syndrome (CTS): a case-control study. *BMC Musculoskeletal Disorders*. 2021 Dec;22(1):1-7



INTERNATIONAL JOURNAL OF MULTIDISCIPLINARY RESEARCH

IN SCIENCE, ENGINEERING, TECHNOLOGY AND MANAGEMENT



+91 99405 72462



+91 63819 07438



ijmrsetm@gmail.com

www.ijmrsetm.com