

PP 30: Work-related health problems and their associated factors among teachers in schools of Western Province

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Introduction: The teaching profession is characterized by high levels of stress and physical complaints. These occupation-related health problems affect the effectiveness of teachers influencing the quality of education.

Objectives: To describe the proportion of work-related health problems among teachers and their associated factors in selected schools in Western province.

Methods: A descriptive cross-sectional study involving teachers aged 20-60 years old, who have one year work experience in Western province. Data was collected using a structured self-administered questionnaire via a google form. Data was analysed using SPSS software version 26.0. P value less than 0.05 was considered as significant.

Results: A total of 239 participated and there was a significant female predominance (82.8%). Mean age was 38.17 years (SD= 9.014). The common ergonomic problems reported are leg pain (45.2%), vocal discomfort (42.3%) and back pain (33.5%). The majority of females experienced leg pain (49%). The common co-morbidity reported was respiratory diseases (20.5%). Wearing high heel shoes ($p= 0.02$) and walking long distances in a school day ($p= 0.002$) were statistically significant with leg pain. There was significant association between vocal discomfort and using blackboards ($p<0.05$). Older age, BMI above 23, teaching experience exceeding 10 years, increasing number of working periods and walking long distances in a school day were associated with high prevalence of back pain ($p<0.05$).

Conclusions: Majority had ergonomic problems and most of them were females. Remedial measures should be given to teachers to counteract these ergonomic problems which hinder their teaching and thereby the quality of life.

Keywords: ergonomic problems, teachers, associated factors, remedial measures