

عنوان مقاله:

Spine-related Behavior among a sample of Students regarding Backpack Carrying

محل انتشار:

فصلنامه بین المللی پیشگیری از دردهای عضلانی اسکلتی، دوره 5، شماره 3 (سال: 1399)

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نویسندگان:

Zahra Akbari-Chehrehbargh - Department of Health Education, Faculty of Medical Sciences, Tarbiat Modares University, Tehran, Iran

Sedigheh Sadat Tavafian - Department of Health Education, Faculty of Medical Sciences, Tarbiat Modares University, Tehran, Iran

Ali Montazeri - Health Metrics Research Center, Iranian Institutes for Health Sciences Research, ACECR, Tehran, Iran

خلاصه مقاله:

Aim: Back pain is one of the most important public health problems among students especially among who carrying backpack to school. The aim of this study was to assess healthy spine-related behavior among these students. **Instruments and Method:** A descriptive study was conducted on a random sample of students attending public elementary schools in Tehran, Iran. The students completed a questionnaire containing items on cognitive abilities sections of knowledge, outcome expectation beliefs, self- efficacy companied with a checklist to assess their skills on back care behaviors. The last section was about items regarding back care behaviors. All collected data entered to SPSS version ۲۴ and analyzed. **Findings:** In all, ۲۰۴ students were entered into the study. The Mean (SD) of knowledge, Outcome expectation beliefs, Self- efficacy, Skills and Back care behaviors were as ۴.۷۱ ± ۱.۴۰ ; ۲۰.۴۸ ± ۶.۴۴ ; ۱۳.۸۹ ± ۴.۴۴ ; ۶۵.۸۴ ± ۱۶.۱۶ ; and ۲۰.۹۴ ± ۶.۶۵ respectively. **Conclusion:** The findings of this study suggest that the probably influencing factors on back care behaviors were not in optimal status. Accordingly, doing multi-central .causative studies to confirm the results is strongly recommended

کلمات کلیدی:

Knowledge, Outcome Expectation Belief, Self-efficacy, Skill, Back-related behavior, Student

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