

عنوان مقاله:

Backpack using among Adolescent Students studying in Ardabil, Iran

محل انتشار:

فصلنامه بین المللی پیشگیری از دردهای عضلانی اسکلتی، دوره 7، شماره 1 (سال: 1401)

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خلاصه مقاله:

Aim: Nowadays, schoolbags are considered to be resulted in musculoskeletal discomforts among students. This study set out to determine this health problem due to carrying school bag in students studying in high schools of Ardabil, Iran. **Method and Materials:** This study was carried out among adolescent students in Ardabil city, Iran, in ۲۰۱۹. To collect data a socio-demographic questionnaire was used to complete demographic variables. Furthermore, standard scales were applied to measure weight and height of the students as well as weight of their school backpack. All data entered into the SPSS statistical software and analysed through descriptive analysis tests to determine the status of backpack among secondary high school students in Ardabil, Iran. **Findings:** A total of ۴۷۴ adolescent students with mean age of (13.51 ± 1.13 years) were assessed in this study. According the findings, more than half of studied students used backpack while going to school. This study revealed the mean weight of studied students and their backpacks were 52.38 ± 12.34 kg and 3.57 ± 1.18 kg respectively. Body Mass Index (BMI) was found to be 23.56 ± 6.84 . The average weight of the backpack of first-year students was 3.45 ± 1.25 kg, in second-year students, it was 3.55 ± 1.08 kg, and in third-year students, it was 3.69 ± 1.21 kg. **Conclusion:** As most of adolescent students used backpack in the way to school, complying with standard rules of backpack use is strongly recommended.

کلمات کلیدی:

Backpack, Adolescent Student, High School, Iran

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