

Musculoskeletal Problems and Preventive Measures Adopted by Computer Users

Minakshi Grover and Sudesh Gandhi*

Department of Home Science, V.M.L.P.G. College, Ghaziabad, Uttar Pradesh, India

E-mail: minugrover@rediff.com

**Department of Family Resource Management, COHS, CCS Haryana Agricultural University,*

Hisar 125 004, Haryana, India

E-mail: sgandhi@hau.ernet.in

KEYWORDS Musculoskeletal Discomfort. Workstation. Preventive Measures

ABSTRACT A survey was conducted in Hisar district of Haryana state to find out the musculoskeletal problems of computer users and the preventive measures adopted by the users. The sample comprised of 200 computer users ranging from 25-40 years of age, using computer at least for the last one year and for a minimum of 4-6 hours daily. Working profile of the respondents revealed that on an average, 6-8 hours daily were spent by private computer users whereas it were 4-6 hours by public computer users. Maximum of the respondents were doing data entry as main work on the computer. Workstation use highlighted that more than half of respondents (54%) were using the specially designed tables while nearly one-third (32.0%) were using specially designed chairs. Majority of the respondents (81.5%) reported musculoskeletal problems as they were working long on the computer at a stretch. The magnitude of pain was highest in neck and lower back. Reasons mentioned for pain in different body parts by computer users were, watching the screen at a stretch, holding neck more or less in the same position for a long time, and sitting in poor posture for a long time. Relaxation in terms of rest and exercise were the measures frequently adopted by computer users to reduce pain.