

Prevalence of Neck Pain Among Bank Workers in Amreli - An Observational Study

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ABSTRACT

Background: Workers in both Banking and Finance sector are exposed to varying occupational health and safety issues. Office work demands long time in front of computer screens and if there is lack of ergonomics use, lack of awareness of proper body positioning and the positioning of the desk, keyboard and screen all lead to neck pain. The common location of the pain is of upper part of trapezius muscle which is generally contemplated to be caused due to lack continuous work and no rest breaks in between work when doing lengthened computer work. The information of prevalence of neck pain among bankers were work as a foundation for further studies on applying ergonomic strategies for bank settings and different factors associated with banking sector. The aims of this survey were to find out the prevalence of neck pain in bankers in Amreli.

Methodology: Total 100 participate were selected after screening with inclusion and exclusion criteria. In this research data was collected by used questionnaire of neck pain.

The questionnaire was distributed among the bankers and they were asked to fill it out honestly and without any external influence. Once's the data was collected, it will be analysed using statistical method to determine the prevalence of neck pain in bankers in Amreli. The finding of the study was providing important insight of their

neck pain status of bankers in Amreli and provide preventive measures for neck pain.

Results: Data were analysing using SPSS version 25.0. result of study showed that about 10% bank employees was suffered with neck pain and their time duration was more than 5 hours.

Conclusion: the finding of this study suggests that Neck pain is prevalent among bank workers at Amreli.

Keywords: Neck pain, bankers, Bank workers, Vas scale, ergonomic

INTRODUCTION

Workers in both Banking and Finance sector are exposed to varying occupational health and safety issues. ⁽¹⁾ As in this profession work takes longer duration and also sizeable use of computer therefore neck pain is very common. ⁽²⁾

It is one of the most common patient complaints in the general population and especially among workers who use computer extensively at their workplace. ⁽³⁾ Office work demands long time in front of computer screens and if there is lack of ergonomics use, lack of awareness of proper body positioning and the positioning of the desk, keyboard and screen all lead to neck pain. ⁽⁴⁾

The common location of the pain is of upper part of trapezius muscle which is generally contemplated to be caused due to lack continuous work and no rest breaks in

between work when doing lengthened computer work. (4)

A focus on following ergonomic principals can lead to a reduction in musculoskeletal problems and increase in productivity of the workers. The relevance of this science to design a workplace in terms of tasks of the employee, making use of tools and the environment is called ergonomic design. (6)

A good ergonomic design not only maximizes the capabilities of workers by increasing efficiency and job satisfaction, but also gives a payback to the company by decreasing the cost for health and absence of workers due to health conditions. (6)

The information of prevalence of neck pain among bankers were work as a foundation for further studies on applying ergonomic strategies for bank settings and different factors associated with banking sector.

The aims of this survey was to find out the prevalence of neck pain in bankers in Amreli. (1)

MATERIALS & METHODS

Research design: Observational study

Study site:

The sites of this study were selected some bank at Amreli area

- Amreli Nagrik Sahkari Bank Amreli
- State Bank of India Amreli
- Panjab national bank Amreli
- Axis bank Amreli
- Amreli Jilla Madhyasth Sahakari bank ltd Amreli.

Sampling size: Total number of bankers: 100

STATISTICAL ANALYSIS

Data were analysis using SPSS version 25.0. Data is presented as percentage or mean ± standard deviation as appropriate

RESULT

Data were analysing using SPSS version 25.0. result of study showed that about 10% bank employees was suffered with neck

pain and their time duration was more than 5 hours.

TABLE FOR AGE:

AGE	NO. OF PEOPLE	% OF PEOPLE
25 -35	56	56
36 – 45	26	26
46 – 55	17	17
56 – 60	1	1

TABLE FOR PAIN:

PAIN	NO. OF PAIN	% OF PAIN
NO	47	47
YES	53	53

TABLE FOR VAS SCALE: -

INTENSITY OF PAIN	NO. OF PAIN	% OF PAIN
0	47	47
1 – 5	45	45
6 – 10	8	8

FIGURE: shows that out of 100 respondents, 47 % (n = 47) reported no pain, 45 % (n =45) reported mild to moderate pain and 8% (n = 8) reported moderate to severe pain according to vas scale

Statistics

Vas scale:		
N	Valid	100
	Missing	0
Kurtosis		.368
Std Error of kurtosis		.478
Percentiles		10.00

TABLE FOR SIGNIFICANT TEST: -

	PAIN	VAS SCALE
CHI –SQUARE TEST	0.36	169.2
P VALUE	0.549	0

DISCUSSION

This research aims to investigate the prevalence of neck pain in bankers. The study utilized a cross sectional design, and data were collected using questionnaire for neck pain and vas scale. The study included 100 bankers of Amreli Out of 100 candidates, 53 responded “yes” of having pain while 47 candidates had “no” pain. In this study prevalence was more common in male than female because of sample size of study mostly consist men as compared to female outcome have more prevalence in male than female.

Out of 53, who filled questionnaire, 12 of bankers take medication for relieving pain, 8 of them takes physiotherapy.

In this study 47 bankers have no pain (0) scale on vas, 45 bankers suffering from mild to moderate (1- 5) pain and 8 bankers had moderate to severe (6 -10) pain score in vas scale.

CONCLUSION

The finding of this study suggests that neck pain is prevalent among bank workers at Amreli.

Declaration by Authors

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Conflict of Interest: The authors declare no conflict of interest.

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