STUDY ON PREVALENCE OF MUSCULOSKELETAL DISORDERS IN NORMALWEIGHT, OVER WEIGHT AND OBESE COLLEGE STUDENTS AND ITS RELATIONSHIP WITH WEIGHT AND LOWER BODY STRENGTH

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Abstract:

There are so many studies showing the prevalence of MSDs in different occupational exposure but the same was lacking in the college students according to their BMI. So, the purpose of this study was to find out the prevalence of musculoskeletal disorder in the students according to their BMI and the relationship of musculoskeletal disorder with body weight and lower body strength. METHODOLOGY: Sample of 1000 college students and population ranging in age group of 17 to 25 years were analyzed on the basis of self-administered Nordic Musculoskeletal Questionnaire. (According to outcome) The subjects were divided into 3 groups: Group A- subjects were normal weight college students, Group B-subjects were overweight college students and Group C- subjects were obese college students. 30 subjects from each group were selected randomly and assessed for the lower body strength by Manual Muscle Testing (MMT). RESULTS: MSDs prevalence by body size/weight was found to be the highest for neck pain followed by lower back, wrist and hand. It was found that prevalence of MSDs in each group was not significantly associated with the lower body strength assessed by MMT. But it was found that prevalence of MSDs in each group was associated with the body weight of college students. CONCLUSION: - Over weight and obese college students have more prevalence of MSDs compared to the Normal weight college students. Prevalence of MSDs in each group was not associated with their lower body strength but, it was significantly associated with the body weight of college students.

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The basic cause of obesity and overweight is an energy imbalance between calories consumed and calories expended and maintaining your current body weight indicates you are in caloric balance and to gain or lose weight, will need the balance scale to tip in one direction or another to achieve a goal. activity, and weight in college students in their natural environment through observational studies, asking whether high levels of mindfulness or mindful eating are associated with healthier dietary intake, physical activity, and weight indexes. in college students; (2) the types of mindfulness-based approaches including mindfulness interventions and mindfulness-based therapies that have been undertaken for weight loss. and for weight-related behaviors (diet, eating behaviors, and physical activity) in college students and their effectiveness; and (3) the relationships between the... assessed its relationship with both mindfulness and. weight/weight-related behaviors. Studies that did not assess mindfulness in relation to. If you are obese or overweight, you have an increased risk of developing various health problems, including cancer, diabetes and heart disease. The best chance of losing weight and keeping the weight off, is to be committed to a change in lifestyle. This includes eating a healthy diet and doing some regular physical activity. In this article. Eating unhealthy food can cause students to gain weight and feel more tired. Studying, stress, or the excitement of social activities and events may cause students to lose sleep. It is important that freshmen make the effort to get a full night's rest and to eat healthy meals for both their academic and physical health. Maintaining a healthy relationship with both new and old friends is important. Students should keep in touch with friends even if they no longer live in the same city or state. College is a source of many distractions for freshmen and new students. Meeting new people, social activities and the sense of independence that comes with being a college student may make it difficult to stay focused on education. Discusses links between excess weight and many health conditions. Explains how maintaining a normal weight may help people stay healthy later in life. For those who are overweight or obese, losing weight may help reduce the risk of developing osteoarthritis. Weight loss of at least 5 percent of your body weight may decrease stress on your knees, hips, and lower back and lessen inflammation in your body. If you have osteoarthritis, losing weight may help improve your symptoms. Research also shows that exercise is one of the best treatments for osteoarthritis. If you have fatty liver disease, lowering your body weight to a healthy range may improve liver tests and reverse the disease to some extent. NASH Clinical Research Network.