

Prevalence and associated factors of low back pain among bank officers in Jaffna divisional secretariat area

Amarasinghe N^{1*}, Bandara U¹, Jegapragash V¹, Aravinthan N²

¹*Department of Nursing, Faculty of Allied Health Sciences, University of Jaffna*

²*Teaching Hospital, Jaffna*

*niromi.nim@gmail.com

Introduction: Low Back Pain is common health problem globally. Low back pain mainly affects the one's day to day activities and in their professional performance. The prevalence is high among the bank workers in other countries and having risk habits of prolong sitting, lack of physical activity, poor positioning and, no breaks during work.

Objective: To assess the prevalence of Low Back Pain and find the associated factors among bank officers.

Methodology: This was a descriptive cross-sectional study carried out among 339 bank office workers. Data were collected by using pre tested self-administered questionnaire. There was no any sampling technique adopted and the entire population was included in this study. Data was analyzed by using SPSS 25 and descriptive statics were used to describe the variables and chi squared test was used to identify associated factors. Ethical clearance was obtained to carry out this study.

Results: There were totally 351 bank office workers from banks in Jaffna divisional secretariat area and among them 96.58% were responded. Among the participants 56% were female and 30.1% were had 11-15 years working experience. The mean age of respondents was 33 years. Among the participants prevalence of low back pain was 59.29%. The prevalence of low back pain was significantly associated with age ($p=0.001$), marital status ($p=0.001$), job experience (years) ($p=0.001$), physical activity ($p=0.001$), use of computer ($p=0.001$), time duration of using computer ($p=0.001$), long term in sitting position ($p=0.001$) and long-term in standing position ($p=0.001$).

Conclusion: Prevalence of low back pain was high among bank office workers and significantly associated with many factors. It is better to have health education programs regarding prevention of this health issue and the maintaining physical wellbeing.

Key words: Bank Officers, Low Back Pain, Prevalence