

WORK-RELATED MUSCULOSKELETAL DISORDERS AMONG SELECTED ELEMENTARY AND SECONDARY PUBLIC SCHOOL TEACHERS IN METRO MANILA

Jehremias M. Florante, MD¹, Jasmin D.C. Rivera², and Faith Carmela A. Relente²

¹Occupational Health Officer, ²Research Analyst I
Occupational Safety and Health Center

Abstract

PSA conducted the 2013/2014 ISLE revealing a drastic increase of cases of WMSDs across all establishments employing 20 or more workers in the Philippines. In the private education sector, PSA recorded an 18% increase of WMSDs from 2011 to 2013. Studies have been conducted already for the mining and quarrying, manufacturing, and wholesale and retail trading sectors regarding WMSDs but few were made for the academe. Hence, the objectives of this study were to determine the prevalence and risk factors for WMSDs among school teachers working in selected public schools in Metro Manila; study the association between WMSDs and job satisfaction level of selected public school teachers; and identify the intervention and preventive strategies on WMSDs undertaken by these academic institutions.

A cross-sectional study of WMSDs was conducted among 578 public school teachers in Metro Manila from July 2017 to October 2017 using a three-part self-administer survey questionnaire. Semi-structured interview schedule were also utilized for the identification of intervention and preventive strategies undertaken by these selected academic institutions on WMSDs. Data were analyzed using independent t-test and Chi square test. Significant results were those with p values below 0.01.

A total of 405 questionnaires were analyzed out of 534 collected. The prevalence of WMSDs among selected public school teachers in Metro Manila was at 77%. There was a significant difference in the total number of grade levels handled in the past 12 months between those school teachers with WMSDs ($\bar{x} = 1.41$) and those who never had WMSDs ($\bar{x} = 1.20$; $t(175) = 2.680$, $p = 0.008$). A significant difference in the mean extrinsic job satisfaction scores of teachers in NCR with ($\bar{x} = 23.45$) and without ($\bar{x} = 24.52$) WMSDs was also noted. Public school teachers with WMSDs were less satisfied extrinsically in their job than those who did not have WMSDs in the past 12 months ($t(184) = 2.84$, $p = 0.005$). Likewise, there was a significant association between the workload of the teachers for the past 12 months and presence of WMSDs ($\chi^2(2) = 10.994$, $p = 0.004$). There were no OSH programs noted for teachers, particularly on WMSDs.

Public school teachers handling different grade levels, their workload, and job satisfaction were noted to be significantly associated in the high prevalence of WMSDs among them in NCR. Thus, it is recommended that comprehensive guidelines on OSH be instituted by DepEd for the teachers; review and management of their workload as well as the provision of appropriate assistance, recognition, and other extrinsic factors; regular monitoring and evaluation on the administration of OSH policies and programs in public schools including the working conditions and status of safety and health of the teachers; and allocation of resources for OSH programs and activities in the public schools to ensure its sustainability.