

Prevalence of Neck Pain in Office Staff of Dayananda Sagar University, Bengaluru - An Observational Study

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Abstract

Background: Neck pain is a common musculoskeletal complaint among office workers, often attributed to prolonged sitting, poor ergonomics, and other work-related factors. This observational study aims to assess the prevalence of neck pain and its associated factors among the office staff of Dayananda Sagar University in Bengaluru.

Aim: The objective is to determine the prevalence of neck pain among office staff working at Dayananda Sagar University in Bengaluru.

Methodology: This study follows a quantitative, cross-sectional and observational study conducted on 30 individuals both male and female using convenience sampling. Participants filled in their demographic data as well as the NPAD scale. A picture was taken and was analyzed to fill out the ROSA scale.

Results: The study conducted among office workers at Dayananda Sagar University revealed a moderate prevalence of neck pain, with a mean neck pain and disability score of 29. Additionally, participants experienced a moderate level of ergonomic strain in the office

environment, as indicated by a mean rapid office strain assessment score of 4.7.

Conclusion: The study conducted among office workers at Dayananda Sagar University highlighted a moderate level of neck pain and associated disability within the group. Additionally, the findings underscored the importance of addressing ergonomic factors to reduce strain and promote better workplace health and productivity.

Keywords: Disability, Musculoskeletal; Neck Pain and Disability Scale (NPAD); Office Staff Neck Pain; Rapid Office Strain Assessment (ROSA)