

Title :

The Effect of Physical activity an Educational Intervention Program on the prevention of musculoskeletal disorders urban bus drivers in Khomeini Shahr: An Application of the Health Belief Model

Abstract :

Background and objective: Bus drivers in Isfahan city is a high-risk profession of musculoskeletal disorders. Educational interventions can be effective in preventing and even controlling these disorders. The aim of this study is to determine the effect of physical activity intervention on the basis of health belief model in the prevention of musculoskeletal disorders of bus drivers. Methodology: This quasi-experimental study was performed on 60 bus drivers selected by multi-stage sampling method. Participants were assessed in two stages (before and three months after the intervention). Educational intervention was held in three 90-minute sessions. Training was conducted with emphasis on health belief model constructs in the form of lectures, presentation of power point, educational video presentation, practical training of corrective movements and the provision of educational pamphlets. The data collection tool was a researcher-made questionnaire based on health belief model constructs. Results: Before the training, there was no significant difference between the mean scores of health belief model constructs in the experimental and control groups. After educational intervention, the mean perceived susceptibility, perceived severity, self-efficacy and performance increased significantly in the experimental. Conclusion: The results of this study showed that the educational program based on the health belief model is effective in adopting preventive behaviors for musculoskeletal disorders among drivers.

Keywords :

Health Belief Model, Educational intervention, musculoskeletal disorders, Bus drivers