

# Musculoskeletal Disorder and treatment seeking behavior among the garment workers in Dhaka city

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## Abstract

*The cross sectional study was carried out to explore the treatment seeking behavior for musculoskeletal disorder among the garments worker. A total 200 respondent were included in the study. They were selected from different section of the interviewer and examined physically to find out the musculoskeletal problem among them. Most of the respondents were female. Majority of them is 18-20 years of age. Their monthly salary was low. The length of service of the maximum respondent was 5 years of total respondent 89% were found to be suffering from kind of MSD in different site of the body. The MSD were more among the workers who work in the sewing and finishing section. 13% were literate, 42% were 1-5 years old schooling. 87% were sleeping on chokhi. 90% majority respondents work in sitting position. 43% majority were suffering from Back pain. 87% majority went to medicine cellar for treatment of MSD. 85% were improving for taking treatment.*

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## Introduction

Musculoskeletal disorders (MSDs) can affect the body's muscles, joints, tendons, ligaments and nerves. Most work – related MSDs develop MSDs, develop over time and are cause either by the week itself or by the employees wicking environment. They can also result from fractures sustained in an accident. Typically, MSDs affect the back, neck, shoulders and upper limbs. Less often the affects the lower limbs. Health condition requiring time off work and even medical treatment. In more chronic cases, treatment and recovery are often unsatisfactory- the results could be permanent disability and loss of employment. Many problems can be prevent of greatly reduced by complying with existing safety and health law and following guidance on good practice . Unfortunately MSDs are an increasing problem for the employee, they cause personal suffering and loss of income for the employee, they reduce business efficiency and for Government they increase social security costs. Musculoskeletal disorder is associated with highly repetitive job, manual handling activities, uncomfortable posture and physical work. In Bn. So most of Bangladesh the garments factories workers have work with such ripe of condition. so most of them are suffering MSDs forsuffeitng MSDs they are facing many problem for work in the industry. Sometime they are absentteesim in the work. But they don't get proper treatment for MSDs. If they get proper treatment and can prevent MSDs then they will work more skill fully than present condition.

Like other developing countries, Bangladesh is facing the same time getting the challenges emerging from industrialization and rapid urbanization. Recently, Bangladesh has reinforced

its policy towards rapid industrialization for its economic development. But occupational health and activities are not well organized in the country. There is little scope for concerned personal for the development of health care facilities and also the management of health hazards arising from the specific occupation or working environment.

## Study Area

The study area is a garments factory of Dhaka, Named Youlk Groups. Its situated in the Kakrail . This ferments made only pants. There are three sections in the garments, like Cutting section, sewing section, Finishing section, the all of those workers who agreed to give interview.

## Research Methodology

According to the formula the sample size was estimated to 377. Considering the difficulty of data collection the inflected the estimated data up to 400. Then we take the percentage of 400. Finally the sample size was 200. Here we used the Purpose sampling method and period of data collection was December 2008. The selection criteria were all of the garment workers in Dhaka city those who willing to give consent and participate in interview and free from the mental and chronic disease. Those exclusion criteria was those associate with others disease. A set of Questionnaire used for interview during conduction of study. The Interview for conduction interview uniformly will follow an interview transcript. The Independent variable was Background factor, Factor related to the work, treatment related to medication and the Dependent variable was Presence of MSD in garment workers and treatment seeking behavior. All interview questionnaires were checked the completeness and correctness before data entry. Questioner was coded

and a codebook was prepared. Data was entered into the computer using the statistical software SPSS and MS. Data were cleaned, checked and edited properly before analysis. Frequency distribution and proportion of important variables was calculated. Cross tabulation and association was determined using the chi square test, if and other relevant test. Lack of availability of relevant data and research output is not that much available in the field was the limitation of this study.

### Results and Discussion

In these studies the age distribution of the respondent was found about sixty percent within the age between 18-20 years, one fourth between 21-25 years. BY education around three fifth were 1-5 years old schooling and about one fifth were illiterate. Study conducted by Ahmed and association found in their study majority in 18-20 years age, which is similar with the current study. By educating that study found that 32 percent of the garment workers were illiterate and only a few obtained secondary school certified, which is not similar with the current study. May be the study by Ahmed SA was conducted in the early era of our garments industry.

In this study the distributing of respondent by type of bedding and suffering of Musculo-skeletal disorder (MSD) was found that ninety percent respondents who sleep on chokhi (Wooden and cot). Generally Muscular-skeletal disorder among the general population is related with soft bedding, but as the current study tried to find out the relationship with working environment, may be that 'why no relationship was found with sleeping in hard bed like chokhi.

In the study most of the respondent who are found having MSD work in sitting position. Study conducted by Ahmed and Association found in their study that 67.5 percent worker work in sitting position, which was significantly associated found in their study that most of them work in sitting position. In this study suffering MSD was found among the respondent of 18-20 year age, but in the study by SA Ahmed most of the respondent having MSD was within 30 years old which is not also similar with the current study. Study by MFA Bhutan and associated found in their study majority in 30 years and above.

In the study MSD was found among the respondent who were working 5-36 month. The majority 90% were working in sewing section, The study Ahmed SA and Association found MSD among the worker

who worked in the Sewing section, which also similar with this current study.

In this study the distribution of 179 respondents by type of problem of MSD that 43 percent majority was suffering from Back pain. Which is similar to the study of SA Ahmed, he found 37 percent Back pain, 22.2 % Hand pain, 11.2% had suffering Neck pain, 25.9 % Leg pain, 1.8% Shoulder pain, 4.7% Chest pain.

The Distribution of respondent by where taken treatment for suffering MSD was found that 87 percent majority went to medicine caller for treatment of MSD. 3 percent went to Govt Hospital, 12% went to Doctor, But in the study of Ahmend SA and MFA Bhuiyan and Association was not mentioned where taken treatment for suffering MSD in their study.

### Conclusion

In this study it is evident that the majority of the workers had been suffering from some kind of musculoskeletal disorders depending upon the nature of work and posture. The musculoskeletal disorders are more common among the workers who worked in sewing and finishing section. The occurrence of musculoskeletal disorders is not associated directly with age, sex, length of occupation and posture. The working space per worker was extremely inadequate. There were no medical facilities, proper toilet facilities and provision for rest room for the workers. Almost every day the workers had to work overtime. To protect and promote the health of the workers, necessary proper health, hygiene and medical facilities to the worker

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