



A Participatory Ergonomic Technique to Enhance the High-quality Lifestyles of Housewives with Musculoskeletal Disorders

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Work-associated Musculoskeletal Disorders (WMSDs) are one of the most crucial of these problems. Those disorders are very common in industrialized and developing international locations; statistics display that almost a hundred and fifty million human are suffering from these problems^[1]. Work-associated Musculoskeletal Disorders are a multifactorial phenomenon and more than one biomechanical and psychosocial hazard factor can affect its occurrence^[2]. Housekeeping and working at home is one of the most difficult jobs for ladies in which the chance of musculoskeletal disorders could be very excessive due to the presence of more than one hazard factors^[3]. This job in itself may be a risk factor for problems. Musculoskeletal in a housewife, and most importantly, the presence of these problems limits a woman's ability to protect herself from the effects of work. Homework in poor condition and stress due to high workload, leads to extra musculoskeletal problems and interferes with the recovery process^[4]. Research has proven house responsibilities call for two times as a great deal of electricity to do as many other jobs^[5]. There are many different workstations for women

at home and various activities are done in these workstations^[6]. The tasks that women perform at home include cleaning, cooking, washing, buying, being concerned for own family participants and youngsters, which requires tremendous physical, emotional, mental activity, imposes a great deal of biomechanical, psychological burden on them^[7]. In the participatory ergonomic approach, individuals will have no involvement in the proposals and implementation of interventions, and according to the principle of participatory ergonomics, will only have a facilitating role^[8]. Therefore, a comprehensive study will investigate the effect of health promotion training program-based totally on a participatory ergonomic approach to decreasing musculoskeletal problems and improving the quality of life of housewives.

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