The prevalence of back pain and associated socio-demographic and work related factors among licensed tailors in the Jaffna Municipal Council Area

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Background: Our study population comprises all tailors working in 48 licensed tailor shops located in Jaffna Municipal Council Area . In that back pain is one of the common problems among the tailors. This study aimed to determine the prevalence of back pain and associated socio-demographic and work related factors among licensed tailors in the Jaffna Municipal Council Area.

Methodology: This descriptive study was conducted to determine the prevalence of back pain and associated socio-demographic and work related factors among licensed tailors in the Jaffna Municipal Council Area .Among 48 licensed tailor shops we included all the population as sample size is 150 (60 females and 90 males), interview-administered questionnaire was given

Results: Prevalence of back pain was 72.7% .There was significant between the age group ,working years, working hours and back pain but not significant between sex and back pain as prevalence among males(60%) were higher than females(40%) , As $P \leq 0.008$, there is a significant correlation between age group. Within the pattern, most common area is low back (38.0%) 2nd common area is both neck and chest (17.3%). When looking the severity, most of them are having moderate (45.3%) . Among work related factors, as the working years increased, prevalence of back pain is also increased. As less than 5 years 43.13%, 6-10years 86.53%, 11-20years 89.4% , >20 years 88.8% are having back pain. And there is significant correlation between working years and back pain ($P \leq 0.000$). There is a significant association between back pain and working hours (the P value is 0.007). There is significant association between mental tiredness ($P \leq 0.000$) and physical tiredness ($P \leq 0.003$) in relation to back pain.

Conclusion: As the study implies the prevalence of back pain is high in tailors' population. Among them males are high. Most of the tailors, in those who are having back pain, have a moderate lower back pain related to their age. Therefore we may come to conclude that among tailors. Therefore promotion of health education regarding back pain and reduce the working hours and stress management to tailors will help to improve the occurrence of back pain.

Keywords: Tailors, Jaffna Municipal Council, Back pain, Health Education