



A REVIEW

Work related musculoskeletal disorder of housewives at home

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Abstract : The Indian families are generally and probably the most diversified societies in the world. There are millions of houses in our country and the duty to complete household tasks is anonymously related to women in our country as performing housing duties are only intended to be borne by women only. This can lead to having many work related injuries and musculoskeletal disorders which could be injuries in wrist, neck, back, shoulder and ankles or feet. Musculoskeletal (MSK) pain is very common in both developed and developing countries with estimates of prevalence ranging from 11-60%. Musculoskeletal conditions affect more than 1.7 billion people worldwide and have the 4th greatest impact on the overall health of the world population, considering both death and disability. Ergonomic assessment of the housewives should be executed in order to understand the work related musculoskeletal disorder. Ergonomics is the theoretical and fundamental understanding of human behavior and performance in purposeful interacting socio-technical systems, and the application of that understanding to design of interactions in the context of real settings. It is an assessment of a people to ensure correct working postures and possible outrage and finding solutions to reduce a person's exposure to physical hazards such as: Uncomfortable postures and repetitive tasks.

Key Words : Ergonomics, Housewives, Household work, Musculoskeletal pain, Women

View Point Article : Preeti and Mehta, Manju (2022). Work related musculoskeletal disorder of housewives at home. *Internat. J. agric. Sci.*, 18 (2) : 843-846, DOI:10.15740/HAS/IJAS/18.2/843-846. Copyright@ 2022: Hind Agri-Horticultural Society.

Article History : Received : 05.04.2022; Accepted : 01.04.2022