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COMPUTER-RELATED HEALTH ISSUES
AMONG WHITE-COLLAR EMPLOYEES:
COMMUNICATING AN ACTION PLAN

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**COMPUTER-RELATED HEALTH ISSUES AMONG
WHITE-COLLAR EMPLOYEES: COMMUNICATING
AN ACTION PLAN**

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COMPUTER-RELATED HEALTH ISSUES AMONG WHITE-COLLAR EMPLOYEES: COMMUNICATING AN ACTION PLAN

Objective

To study the prevalence of computer-related health issues among white-collar employees; and to suggest an action plan.

Materials and Methods

A cross-sectional study of 4-month duration was conducted among white-collar employees from the Southern part of India with a sample size of 259.

Statistical Analysis Used

SPSS version 22 using the chi-square test.

Result

The prevalence of visual problems in the study group was 65% (168/259), and musculoskeletal problems were reported by 67% (173/259) while 32% (84/259) felt stressful symptoms. It was found that there was a gradual increase in visual complaints as the number of hours spent for working on computers daily increased and the same relation was found to be true for musculoskeletal problems as well.

Conclusion

Ocular discomfort, musculoskeletal problems and psycho-social problems form key category of computer-related health problems found among white-collar employees. The study has also brought into focus factors contributing to the occurrence of these problems. The study, based on literature review, has suggested an action plan to minimize the said problems and has emphasized the need to communicate the action plan time and again to the employees.

Application

Several studies on the topic have been conducted in the past. The action plan that needs to be communicated to the employees to tackle the computer-related health issues makes it unique. The information can be used by employers to develop a process and most importantly, will steer them in not only sensitizing the employees but also making alterations to the workplace to enhance employer branding.

Key Words

Health problems, white-collar employees, Standardized Nordic Questionnaire, action plan

Précis

The study discusses the prevalence of computer-related health issues among white-collar employees; and recommends an action plan based on the study results and a review of literature to tackle these and work effectively.

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