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**prevalence of low back pain amongst occupational therapy and
physiotherapy students in India, its influence on educational
engagement**

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ABSTRACT

Background: Low back pain (LBP) is a significant issue that most all age groups of people experience in lifetime throughout the world. This musculoskeletal condition affects all age groups people either the young population or the older adult. Health science students are vulnerable to various risk factors, making them acquire low back discomfort. The psychological stressors and poor ergonomic postures during clinical tasks predispose this health problem in health science students. There was limited literature related to the occurrence of LBP among Occupational Therapy (OT), Physiotherapy (PT) students and its impact on the educational engagement. Therefore, the research purpose to investigate the different point LBP prevalence amongst OT, PT scholars and its influence on educational engagement.

Methods: The cross-section study was conducted on 313 Occupational Therapy and Physiotherapy students of universities in India. The online self-administered questionnaire included four sections: demographic questions, Nordic Musculoskeletal Questionnaire, Ergonomic clinical task questions, Psychological factors questions and the Utrecht Work Engagement Scale (UWES) Student Version. The statistical analysis was done by using Statistical Package for the Social Sciences software (SPSS) version 28.0.0.1. The descriptive statistics used to describe a participants' demographic information. The association between variables was identified by using inferential statistics.

Results: Out of 313 participants, 257 (82.1%) had lifetime prevalence, 229 (73.2%) had annual prevalence and 90 (28.8%) had 7-days prevalence. There was association between annual prevalence and age ($p < .001$), student's academic year of study ($p = .01$), feeling hopeless ($p = .032$) and feeling exhausted ($p = .003$). The lifetime prevalence was statistically significantly associated with age ($p = .03$), an ergonomic issues related to awkward posting (p

< .001) and feeling hopeless ($p = .021$). The point prevalence was statistically associated with ergonomic issues during clinical postings such as awkward posture ($p = .038$), working with bending/twisting posture ($p = .032$), static posture ($p = .023$) and psychological risks during studying for illustration felt depressed ($p = .006$), felt overwhelming anxiety ($p = .004$), feeling of overwhelming anger ($p = .029$). More, the lifetime occurrence of lumbar discomfort was associated with educational engagement ($p < .001$).

Conclusion: The lumbar musculoskeletal pain was prevalent problem amongst OT and PT students in the Indian context. This study result confirmed the various factors associated with LBP regarding health science students' studying courses. An educational program may be useful to prevent the occurrence of LBP and its impact on educational engagement.

Keywords: Low back pain, occupational therapy student, physical therapy student, prevalence, educational engagement.