

## عنوان مقاله:

Investigation on the Relationship between Mental Workload and Musculoskeletal Disorders among Nursing Staff

## محل انتشار:

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## خلاصه مقاله:

**Aims:** High prevalence of musculoskeletal disorders owing to the work is one of the popular discomforts between nursing staff. High level of workload is considered as a serious problem and identified as a stressor in the nursing. This study intends to recognize the relationship between musculoskeletal disorders and mental workload in nursing personnel reside at southern part of West Azerbaijan province Iran in 2017. **Materials and Methods:** In this analytical-descriptive study, 100 nurses working in West Azerbaijan hospitals have been randomly selected. Nordic and National Aeronautics and Space Administration-Task Load Index workload questionnaires have been simultaneously utilized as data collection tools. Data analysis has also carried out using SPSS, variance analysis tests, multiple linear regression, and Pearson's correlation coefficient. **Results:** Results suggest that the most frequent complaints of musculoskeletal problems are associated to the back area. Investigation on sextet scales of mental workload indicates that each of the six scales of workload was at the high-risk level and the average of total workload was  $72.45 \pm 19.45$  which confirms a high-risk level. Pearson's correlation coefficient also indicates mental workload elements have a significant relationship with musculoskeletal disorders ( $P < 0.05$ ). **Conclusion:** The results suggest there is a relationship between musculoskeletal disorders and mental workload and the majority of personnel had mental workload with high-risk level. The best way of management planning to mitigate the risk of musculoskeletal disorders arising of mental workload is, therefore, managing-controlling approach such as staff training, job rotation, and time management.

## کلمات کلیدی:

Mental workload, musculoskeletal disorders, nursing staff

## لینک ثابت مقاله در پایگاه سیویلیکا:

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