

Association of Physical, Social and Psychological Factors with Non-specific Low Back Pain among Home-based Female Entrepreneurs: Cross-sectional Study

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ABSTRACT

Introduction: Non-Specific Low Back Pain (NSLBP) is a common condition that affects the musculoskeletal system in all parts of the world. The condition is influenced by biological, psychological, and social factors. For instance, women entrepreneurs who operate from their homes have unique issues such as sitting for long periods, poor ergonomics, and conflict between work and family life. These individuals have become some of the highest-risk groups that have rarely been studied before.

Aim: The experiment was conducted using a cross-sectional design with 150 female participants having ownership of their home-based business between the ages of 18 and 50. Self-reported structured questionnaires were used for collecting data. The levels of pain were evaluated through the Visual Analogue Scale (VAS), while the psychological stress was measured using PSS-10.

Materials and Methods: In total, 150 women entrepreneurs in the home base, 51.3% had suffered from NSLBP, with most of them having moderate pain. Chi-square testing demonstrated a significant association between NSLBP and socio-demographic,

physical, psychological, social, and quality of life factors ($p < 0.05$). Binary logistic regression analysis proved poor sitting posture as a predictor for NSLBP, psychological stress, poor coping skills, and lack of meaning in life as strong factors contributing to NSLBP.

Results: In total, 150 women entrepreneurs in the home base, 51.3% had suffered from NSLBP, with most of them having moderate pain. Chi-square testing demonstrated a significant association between NSLBP and socio-demographic, physical, psychological, social, and quality of life factors ($p < 0.05$). Binary logistic regression analysis proved poor sitting posture as a predictor for NSLBP, psychological stress, poor coping skills, and lack of meaning in life as strong factors contributing to NSLBP.

Conclusion: NSLBP among home-based female entrepreneurs can be considered a complex issue brought about by physical workload, mental pressure, and an unhelpful social environment. It is recommended to use a biopsychosocial approach that considers ergonomics, stress management, and social support.

Keywords: Caesarean section, Functional mobility, Pain management, Postpartum physiotherapy, Tele-rehabilitation.

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