EFFICACY OF BACK SCHOOL PROGRAM IN CONNECTION WITH PHYSICAL ACTIVITY AMONGST HUNGARIAN ADOLESCENTS

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OBJECTIVES

Postural disorders and low-back pain (LBP) have become incredibly common amongst adolescents partially due to their sedentary lifestyle and partly because of their ill-adapted physical activity (PA). We aimed to measure the back care and knowledge in daily life physical activities of adolescents in comparison with the results of children taking part in a back school program and in correlation with their PA.

METHODS

253 high-school students between the ages of 14-17 years (14.84±0.75) were selected into the cross-sectional study in Hungary, city of Pécs. Back care knowledge was assessed with the questionnaire developed by Monfort et al. Furthermore, a subgroup of 22 individuals took part in a 45 minute long back school program, whose results were compared with the results of the main group. Independent T-test and chi-square test were used to analyse the data with the SPSS v.28.0 software. P-values lower than 0.05 were considered significant.

RESULTS

In the surveyed population the average back care knowledge was measured as 59.26%, whereas the children's average knowledge participating in the back school program was 89.58%. Additionally, the knowledge of children participating in the back school program is significantly better ($p<0.001$). The results display no significant difference ($p=0.165$) in the back care knowledge between adolescent athletes (29.64%) and non-athletes (70.36%). Additionally, no significant difference was measured between adolescent athletes (29.64%) and non-athletes (70.36%) in any of the seven knowledge category assessed in the questionnaire ($p>0.05$).

CONCLUSIONS

The knowledge of children participating in the back school program is better than the general knowledge assessed in the young population, although the latter is slightly better than we previously expected it to be. In conclusion, the knowledge of the assessed population is still insufficient to prevent spine diseases manifesting in the adulthood.

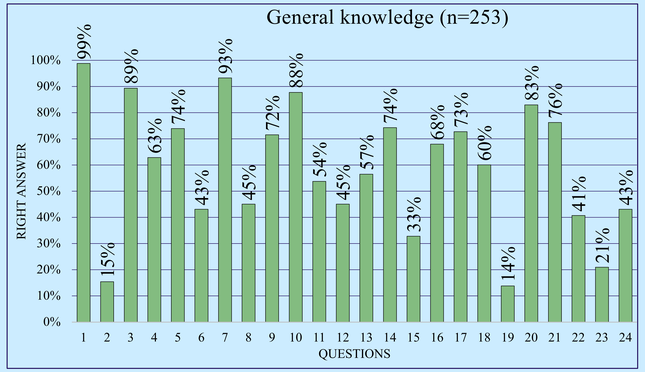

Figure 1.
General knowledge in the whole population

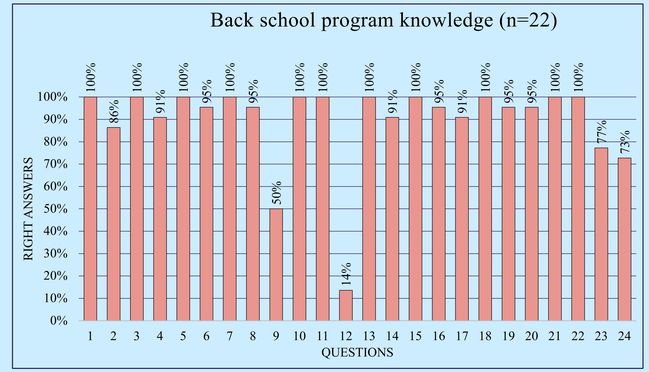

Figure 2.
Knowledge of children participating in the back school program

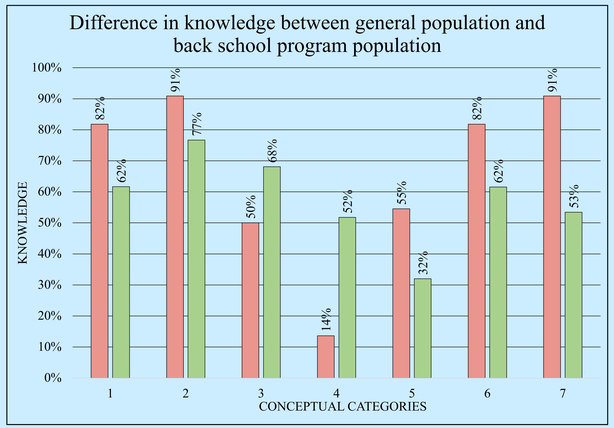

Figure 3.
Difference in knowledge between general population and back school program population

Conceptual categories	p
Topographical-anatomical knowledge	.957
Functional-anatomical knowledge	.372
Habits in standing posture	.870
Habits in seated posture	.105
Habits in lying posture	.540
Habits in carrying heavy objects in a backpack	.093
How to move heavy loads	.628
Total	.165

Table 1.
Knowledge between athletes and non-athletes

ISPOR 2024
May 5-8, 2024 | Atlanta, GA, USA

PÉCSI TUDOMÁNYEGYETEM
UNIVERSITY OF PÉCS

Funding:

The research was financed by the Thematic Excellence Program 2021 Health Sub-programme of the Ministry for Innovation and Technology in Hungary, within the framework of the EGA-10 project of the University of Pécs.

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