



The Damaging Effects of Carrying Heavy Bags

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Introduction

Lumbar is the small part of the vertebral at the backbone and it is the mostly sensitive socket along the human backbone.

Increments of back pain complaints among students and staffs in schools have been heard, reported and noted in different health centres and within schools. During complaints they do locate their hands at lumbar position, signifying that there is a problem at that position. However, at school levels it has not been put into serious consideration as a study, so that it may not grow faster.

We aim at finding local ways of dealing with the causes of back pain complication and possible ways of reducing the effects to the victims from the time it is triggered by either: long sitting hours routines, carriage of heavy bags, improper sleeping style, heavy duties, prolonged personal duties, unsupportive infrastructure like beds and sometimes minor accidents in and outside school campuses.

Method

We had a very small scale one to one interviews and discussion within our families and a few almost four (4) neighbouring families. This method assisted to capture awareness on backbone pain or not, at individual level and as well test our project objects at a first impression before transforming it in large scale.

We Later transformed the questions into questionnaires as Online Google forms and we were able to share up with different people and students.

Procedures:

We requested different people in communication Medias such as in WhatsApp groups, emails and Facebook, so that they may assist us to answer the online questions from different localities either at family or individual levels as shown on below testimonials.

The online Google forms questionnaires enabled to reach respondents quickly and it was a safer way of approaching large group in a short time and different individuals without physical contacts due health challenges restrictions on: COVID -19 Disease.

Results

Up to now the responses are 40+ and we hope the sample to increase in subject to networks, devices capacity, individuals' financial position and attitudes.

Results and analysis from the research tools, stations, homes, students and individuals above in simple graphs and pie charts revealed that:

There were 75% of males and 10 % female respondents whose age were between 16-20 years of age with 62.5% and 37.5 % who were above 21 years of age, respectively with almost Advanced and University and college education levels at 87.5%. 1 out of 10 of these respondents had at least 60 Kilograms body weight; and an average minimum height of five (5) feet and maximum of 6.1 feet, already with minor body pains which wasn't frequent except on difficult experiences.

At least three (3) out of four (4) respondents seem to match to their classroom while carrying their heavy bags with an average weight of 8.9 kg at their backs for either average long (fifteen -15-) or short distance (-500- meters) daily hence affecting part of the backbone without their awareness which would later cause long-term pains at the backbone.

When requested to state their experiences on parts of their bodies which gets body pains mostly: their response was: 60% mentioned backbone, 17.5% Head and 7.5% on arms hence implying that backbone is a sensitive organ which receives all co-ordinations of the body and is responsible for whole body efficient operations; and the rest like arms, head and shoulders are all linked by the backbone , therefore giving an alarm on the overloading of the backbone without their awareness.

Conclusion

When the students, students, teachers and the community will be aware of the extent of backbone pains within their communities , it will reducing lumbar complication among them from family to institutional levels. Also by following the advices from body health experts on body care, the institutions will have to find new ways of learning and attending schools without carrying heavy bags and restructuring of tight daily routines so that the bodies may have smooth operations.

We are looking forward to find simple and new solutions to be practiced in schools from Government to family levels, either in the curriculum or family routines to parents, so that backbone pains complains may not sustain, even when the patient has accomplished his or her education stages.

References

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