

The study of relationship between anthropometric indices and physical activities with musculoskeletal complaints in high school female students of Tabriz in 1388

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Abstract

Background and objectives: Adolescence is a proper time to make lifestyle changes to reduce the incidence of chronic diseases in the adulthood. This study aimed to describe the anthropometric indices and physical activities status and their relationship with musculoskeletal complaints in high school female students in Tabriz.

Material and Methods: Two hundred students were selected by cluster sampling method. Anthropometric indicators, physical activity level and musculoskeletal complaints were determined using standard protocols and questionnaires. Statistical analysis of data was performed according to age and body types.

Results: The mean age and BMI of the subjects were 17.12 year and 16.22 kg/m², respectively. About 20% of students were overweight or obese. The body type of the students was endomorph-mesomorph. Only 8% of the students exercised in gyms and 31% spent more than three hour a day watching television and 70% did the housework. Body type and Body Mass Index did not differ significantly between age groups. Logistic regression models showed no relationship between musculoskeletal complaints, physical activities and body types.

Conclusion: This study showed reduction in the physical activities of female students but there was no significance relationship between musculoskeletal complaints, physical activities and body types.

Key Words: Anthropometry, Musculoskeletal Complaints, Body Types

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