

DEVELOPMENT OF A PREVENTION PROGRAM FOR WORK-RELATED MUSCULOSKELETAL DISORDERS AMONG BASKET MAKING WORKERS IN COMMUNITY ENTERPRISE**NISAKORN KRUNGKRAIPETCH 5137736 PPH / D****Dr.P.H.****THESIS ADVISORY COMMITTEE: ORAWAN KAEWBOONCHOO, Ph.D.,
SARA ARPHORN, Ph.D., MALCOLM SIM, Ph.D.****ABSTRACT**

This participatory action research (PAR) aimed to develop a prevention program for work-related musculoskeletal disorders, and to study the efficacy of the program development. Participants included 25 basket making workers in a community firm and key stakeholders in Suntornpoo Municipality, Rayong province, Thailand. The control group was only involved in the stage of innovation encouragement. The stakeholder analysis was carried out prior to the commencement of the project in order to build their engagement in the project and to build commitment. Several data collection methods, both quantitative and qualitative methods were utilized. The Friedman two-way ANOVA, Fisher's exact test, Wilcoxon matched pairs signed-ranks test, and the Mann Whitney U-test were employed for analyzing quantitative data, and thematic analysis was used for qualitative data.

The prevention model was developed based on the analysis and synthesis of the activities within the process of program development, and comprised 4 stages: prepare for the participants' readiness; collaboratively decide and plan action; share information and learn from each other; and provide innovation encouragement. The researcher acted as a facilitator to encourage the workers and stakeholders to work collaboratively through self-reflective learning. Consequently, the workers and stakeholders had a better understanding of their situation, raised their consciousness, and developed self-confidence to solve their problems and overcome obstacles. The program improved a workers' health by reducing risk factors as well as improving working conditions, positively changing working behaviors, decreasing the prevalence of work-related musculoskeletal disorders during the 7 day period from 76% to 30%, and also decreased severity of musculoskeletal disorders. The invented modified workstation was proven effective when compared with the control group.

The key components for successful program establishment were hazard identification, the rising sense of ownership, the creation of an empowering and motivating atmosphere between stakeholders and workers, and sharing and reflecting on their knowledge and experience which induced a reiterative learning circle. The project is still going on in the community, although the researcher is no longer involved in the research area.

**KEY WORDS: MUSCULOSKELETAL DISORDERS/ BASKET MAKING
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