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FATIGUE AMONG VDT EMPLOYEES. THESIS ADVISOR : SOMPORN  
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There has been an increasing trend in health problems among VDT (VDT; Visual Display Terminals) employees in Thailand. The problem is a result of limited movement which can lead to muscle fatigue and muscle weakness.

The goal of this study was to determine the relationship between selected factors and low back muscle fatigue among VDT employees at the Central Population Base Center, Department of Local Administration, Ministry of Interior. One-hundred and seventy VDT employees were selected for the study. Data was collected by using questionnaires and dynamometer measurement.

A descriptive statistical analysis was used to calculate the percentage, mean and test the correlation of all variables.

The results showed that the level of low back muscle fatigue of VDT employees was higher than the standard criteria (96.7%). Body weight, height, duration of exercising and fatigue feeling were significantly correlated to low back fatigue ( $r = 0.5112$ ,  $r = 0.3627$ ,  $r = 0.2825$  and  $r = 0.1836$ , respectively). Of the one-hundred and seventy VDT employees in this study, 44.33% experienced feelings of fatigue.

This study suggests that employees who work on VDT should adjust body weight to suit with standard body weight and readjust portion of the VDT to suit with height of the employees. Time management for resting between work hours should also be carried out in order to prevent muscle fatigue.