Title: Parent awareness about carrying school bags among primary school students in Tabriz

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Abstract: Introduction: School children usually use school bags to carry their school materials. Carrying heavy school bags or inappropriate carriage can cause several problems such as musculoskeletal problems among school children. However, selection of appropriate school bags is one of the considerations to reduce such problems among this age group. As there are limited studies in our country to address such a problem, the present study was conducted to find out how school bags are selected for school children.

Materials & Methods: This cross-sectional, descriptive study was conducted in Tabriz city using self-reported questionnaires with easy “yes” and “no” questions to investigate parent awareness about the use of school bags by their children. A total of 250 parents were randomly selected from different educational regions in Tabriz city as participants in the study. Statistical analysis of the results was conducted using SPSS software.

Results: The results of the study indicated that only 10% of participants had knowledge about carrying school bags. Approximately, 40% of the respondents in this study were not aware of the recommended weight limit for carrying school bags and 48% were not aware about the fitness between school bag and upper back region. Awareness about school bag carriage among parents was significantly higher in males than in females (p < 0.001).

Discussion & Conclusions: The findings of the current study suggest that parent’s awareness about school bag carriage should be promoted. Also, adequate measures should be taken by authorities and through appropriate media to control over production or import of school bags to ensure children health and safety.