

Awareness of Physiotherapy among the High-School Students in Various Government and Private Schools of New Delhi: A Survey

Prerna Mehndiratta and Ruchika Kalra

Abstract

Aim: To assess the awareness of physiotherapy of class 11 and 12 and a scope of following physiotherapy as future profession, and sources of their information obtained for physiotherapy. **Method:** Total 640 students were in the study including government and private schools where the questionnaire was used by the permission from the Thusharika D. Dissanayaka and Shayama Banneheka. The questionnaire was used in the google forms for data extraction from different schools. The data extraction was having details in 3 parts, Part A which is having personal information, Part B having the responses of various questions related to physiotherapy and its profession and part C was having closed ended questions. The inclusion criteria were students of 11 and 12 class and of New Delhi and remaining were in exclusion criteria. **Results:** The results were satisfactory analyzed with chi square tests, breakout into small deviation of responses represented through graphic representation and pie charts, where near 75% students consider the physiotherapy as the medical profession, followed by more than 50% considering physiotherapy in improving quality of life and the part of awareness was maximally raised by mass media followed by the other contact sources. **Conclusion:** The study concluded with the requirement of the physiotherapy awareness in India at the secondary level as a consideration of the profession for themselves and a medical profession to improve quality of life.

Prerna Mehndiratta

Physiotherapist

MAX Super Specialty Hospital

Shalimar Bagh, New Delhi, India

E-mail: prernastar2501@gmail.com

Ruchika Kalra

BPT Intern

Amity Institute of Physiotherapy

Amity University, Noida, (Uttar Pradesh) India

Email: kalraruchika123@gmail.com

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Introduction

World Confederation for Physical Therapy (WCPT) defines physical therapy as “providing services to people and populations to develop, maintain and restore maximum movement and functional ability throughout the life-span. Physiotherapy includes the provision of services in circumstances where movement and function are threatened by the process of ageing or that of injury or disease. Full and functional movements are at the heart of what it means to be healthy. Physiotherapy is concerned with identifying and maximizing movement potential within the spheres of promotion, prevention, treatment and rehabilitation. Physiotherapy involves the interaction between the physiotherapist, the patient/client, the family members and the care-givers in a process of assessing movement potential and in establishing agreed upon goals and objectives using knowledge and skills unique to the physiotherapists (Senthil and Anand 2010). Chartered Society of Physiotherapy defines physiotherapy as a dynamic profession which uses a range of treatment techniques to restore movement and function within the body. It is an essential part of the health-care delivery