

# The beliefs of computer operators about reducing sitting time at the workplace

## Editorial

The side complications of prolonged sitting is a serious and modern health problem, as regards computer operators might spend over 8 hours sitting per daily. They are at the risk of musculoskeletal pain and muscle strength decline.<sup>1</sup> They caused is a risk factor for the shorter lifespan. 90% of office employees believe they should be more active in the workplace.<sup>2</sup>

Since knowledge, attitudes, intention and health beliefs are effective in employee health behavior. For example, the Attitude is the largest factor in explaining the correct postural compliance.<sup>3</sup> Then, the aim of the study is investigating the beliefs of computer operators about reducing sitting time at the workplace.

There were factors that are reducing health promotion such as factors like lack of beliefs, knowledge, and skill about sitting time at the workplace and engaging regular exercise. The workplaces are great potential, so they can be developed workplace health and wellness, reaching workers and their families.<sup>4</sup> In recent years, there were many advances in our understanding of the essential processes that cause people's behavior and it could be concluded that different systems can form different behaviors. For example, different educations could shape different behaviors.<sup>1,3</sup> Many of the intervention based on workplace were promoting physical activity in the individual level and the multi-component intervention have more prevalence that is in focus on sitting, where the individual, organizational and social factors are becoming more common.

With the recent advances, the computer technology application and Recent Advances in the user computer provides stretching exercises applications developed for individuals.<sup>5</sup> Educational Interventions effective in reducing daily workplace sitting of 1.5 hours. Despite the promise of these interventions, there is still a small understanding of the factors that influence sitting behavior at work.<sup>6</sup> It is likely that the determinants of sitting behaviors at work are multi-factor and interactive. So that they show a broad social-ecological environment.<sup>6</sup>

The research has been shown that psychological factors are identified within each of these perspectives number factors associated with sedentary including intentions, attitude, motivation, social support/norms, Perceived self-efficacy/Perceived barriers to action/control beliefs/Commitment to plan of action/Interpersonal influences, and habit.<sup>6,7</sup> Positive, informed or conscious change in health behaviors is often the ultimate and main aim of health education and health promotion is positive, informed change in health behavior and Health education specialists are responsible for assessing the roots of all unhealthy behaviors like sedentary behaviors.<sup>7</sup> Working in a sedentary posture without engaging stretching exercise is raising risk factors in unhealthy behaviors. The difference in the beliefs of computer operators about reducing sitting time, made us, by the way, described below, we able to turn the beliefs into negative to action by activating the stretching exercises.

Computer-based stretching exercise interventions (CBSEI) to be just as effective as other types of physical activity interventions;

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however, more work is needed. A computer program is a need, the automatic reminder for engaging stretching. The 'Desk Exercise MHD' app reminds users to break up their sitting time by setting an alarm to take a break. The app features exercises broadly categorized into different body areas. This app to be aimed at individuals with desk jobs, the app encourages users to take breaks from sedentary behaviors and is therefore applicable to all individuals with a computer device and in the near soon, its article will be published by the same authors and the software will be available to everyone.

This article is a request from programmers, to increases research on computer-based stretching exercise programmers' (CBSEP). Conclusion some important points of this study:

- i. Lack of beliefs, knowledge, and skill about sitting time at the workplace and engaging regular exercise the factor is reducing health promotion.
- ii. In order to pay attention to the beliefs in engaging stretching, Stretching Exercise is an important role in decreasing musculoskeletal disorders pain. Thus, Stretching Exercise programs at work will help to reduce disability and even absenteeism.
- iii. Often, physicians encourage only a few numbers of their patients to change unsanctioned behaviors, as psychological factors is a major limitation factor and this will highlight the need for our community to health education and health promotion professionals.

## Conclusion

Therefore, from a theoretical viewpoint, it seems important to consider the effects of the above-mentioned factors on health promotion behaviors such as the behavior of stretching exercise in prolonged sitting. The study was designed to use an office environment with a computer program to examine the effects of reducing work-time at work, which was done through automatic reminders of stretching exercise.

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## Conflicts of interest

Author declares that there is no conflicts of interest

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