

AWARENESS OF ERGONOMICS AMONG THE PHYSIOTHERAPY AND MEDICAL STUDENTS

ABSTRACT

BACKGROUND

Ergonomics is the scientific discipline concerned with understanding of the interaction among humans and other elements of a system. Thus, ergonomics attempts to always 'fit the job to the man' having realized the limitations and capabilities of man. The main aim of ergonomics is to reduce the on job risk of injury as well is to improve the productivity which benefits the organization.

OBJECTIVES

The aim of this study is to reduce risk of injury to make job easier and ultimately increasing the productivity to the benefits of organization and community.

STUDY DESIGN

Cross sectional survey.

STUDY SETTING AND PARTICIPANTS

300 participants from different physical therapy and medical colleges.

INTERVENTIONS

Self administered questionnaire.

RESULTS

It was observed that only 28.67% were aware of the word Ergonomics but 82% of admitted to have knowledge of body posture and productivity in whole sample size. It was noted that 85.33% considered that maintaining body posture can prevent musculoskeletal disorders while on the other hand 14.67% thought that it improves body outlook. 72.33% people admitted to have musculoskeletal problem where 27.67% people replied negatively and different specific tasks contribute to discomfort in posture hence affecting generalized body and the efficiency of work.

CONCLUSION

It is concluded that level of ergonomics awareness is very low in Pakistan among professional students' e.g. medical and physiotherapy students. This low level of ergonomics awareness is due to the fact that they were not conversant with the benefits derivable of ergonomics.

Key Words

Ergonomics, Awareness, Physiotherapy Students, Medical Student, Work Productivity, Posture Care.

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INTRODUCTION

The International Ergonomics Association (IEA) defines ergonomics as 'the scientific discipline concerned with understanding of the interaction among humans and other elements of a organization or system, and the profession that applies application, theory, data and methods to design in order to optimize human well-being and overall system performance¹. Thus, ergonomics attempts to always 'fit the job to the man' having realized the limitations and capabilities of man². The main endeavor of ergonomics is to reduce the on job risk of injury as well is to improve the productivity which benefits the organization^{3,4}. It is a well known saying about health that "Health is Wealth". Earning is the main objective of life, but most of the people don't know how to work properly in a healthy environment. People work in order to get wealth at the cost of their health.⁵Most of the people don't have concept of good working place according to health aspect. It was observed that those people who are not aware of the rights for a proper work environment faces health problems (hearing impairments)⁶ even leading to early deaths⁷. Takala (2005) stated that 2.2 million people die of work-related accidents and diseases annually. Similarly, Leigh et al (1999) had estimated that non fatal injuries in Sub-Sahara Africa as 770,000 per annum and fatal injuries of 9900 per annum. They predicted 9.02 million injuries per annum. To reduce the predicted rate of injuries, ergonomics has to play a crucial role. However, despite the enormous benefits accruable from the application of ergonomics, there seems to be lack of concern towards ergonomics from developing industries (Rogan and O' Neill, 1993). However, O'Neill (2000) observed that the developing countries like India, Brazil, South Africa and Thailand acknowledge the importance of ergonomics and have indigenous capabilities to apply ergonomics principles and undertake ergonomics³. In Pakistan a large number of the industrial units don't provide a healthy workplace for their workers and endanger the lives of their workers at the cost of money/low wages⁸. In loom industries most of the workers lose their hearing because of noise pollution. The main reason is lack of ergonomic awareness in skilled workers.

The similar ergonomic problem is faced by School going children developing low back pain because of their school bags, exerting extra pressure on L4 and L5 because school bags limit for children is 10% currently recommended and inappropriate shoulder strap adjustment and school bag hip belt also contributed factors for back pain^{9,10,11}. Medical care staff also suffers from same ergonomic problem due to over work as they are very less paid due to which they are forced to do two jobs at a time to meet their expenses that's why nursing has highest prevalence of backache than other professions¹². Currently 40% of the world's occupational and work-related health costs are attributed to musculoskeletal diseases and ergonomic interventions have been successful in reducing the number of MSDs by over 50%, especially in professions that expose employees to a high level of work risk factors¹³. In 2010, a study on ergonomics awareness in Nigeria done, which shows only 2.1% awareness in medical profession about ergonomics³. In Malaysia, manufacturing industry are now moving towards the right path¹⁴.

Internationally a lot of work has been done on awareness and importance of ergonomics among professionals and on community level. In Pakistan, research on this issue is scarce; therefore the topic was selected to analyze the awareness of ergonomics in physiotherapy and medical students. The main aim is to reduce risk of injury to make job easier and ultimately being increasing the

job easier and ultimately being increasing the productivity to the benefits of organization and community.

MATERIALS AND METHODS

Study Design

Cross sectional survey

Study Population

Students of final year of BSPT & MBBS

Study Setting

Students from different physical therapy and medical colleges.

Duration of Study

One year

Sampling Technique

Convenience sampling

Sample Selection

300 totals, 142 physical therapy students and 158 medical students

Data Collection Procedure

Self administration

Data Analysis procedure

Data entry and analysis will be done using computer software "SPSS" version 11.0. Frequencies / proportions of qualitative variables and mean, standard deviation of quantitative variables will be presented where necessary. Chi-square test of proportions will be used to determine the association between qualitative variables. P-value <0.05 will be considered significant.

RESULTS

A sample size of 300 was taken among which 47.3% were Physiotherapy students and 52.7% were Medical students as shown in Table. The male to female ratio was 1:2 respectively.

It was observed that only 28.67% were aware of the word Ergonomics but 82% of admitted to have knowledge of body posture and productivity in whole sample size. Regarding previous experience to any postural awareness training programmers, 62.33% gave negative response where only 37.67% responded positively. Regarding equipment that can increase productivity, 65.33% respondent replied positively but 34.67% had no idea about that.

It was noted that 85.33% considered that maintaining body posture can prevent musculoskeletal disorders while on the other hand 14.67% thought that it improves body outlook. 33.33% people felt that they can be role model in society in terms of health by using good ergonomics.

Regarding duration of the treatment session with patient, it has been found that 16.67% give less than two hours treatment, 39.67% for two to three hours and 43.67% for more than three hours. While the time of lecture was, 41.67% were found to attend the lecture for two to three hours, 30.33% less than two hours, while others attended lectures for more than three hours.

When inquired about musculoskeletal problems majority, 72.33% people admitted to have musculoskeletal

problem where 27.67% people replied negatively.

It is known that different specific tasks contribute to discomfort in posture hence affecting generalized body and the efficiency of work. Scrutinizing the reality, respondents were asked about different postures, on which, the majority 38.33% referred long time sitting in the class for lectures as the major cause. In view of others, 14.33% prolonged standing and bending postures were also leading causes. Few 10.33% regarded heel wearing as another cause of discomfort, 13% responded in negation

and 9% respondents had no idea about factors contributing to discomfort.

When asked about the class chairs, nearly 31% respondent replied that they use the chairs with back rest and with hand and foot rests respectively. 28% people were using chairs with hand rest only. When comes to comparison of body health with other, 69% respondent replied negatively means they never compare their body health with others but 23.67% admitted to compare their health with other for some time.

1-Profession of responder	Frequency	Percentage
Physical Therapist	142	47.3
Doctor	158	52.7
Total	300	100
2-heard the word Ergonomics	Frequency	Percent
YES	86	28.67
NO	214	71.33
Total	300	100
3-Good body posture increase productivity	Frequency	Percent
YES	246	82
NO	54	18
Total	300	100
4-Attended postural awareness training program	Frequency	Percent
YES	113	37.67
NO	187	62.33
Total	300	100
5-Equipment that can increase productivity	Frequency	Percent
YES	196	65.33
NO	104	34.67
Total	300	100
6-Importance of maintaining body posture	Frequency	Percent
Look fit and healthy	44	14.67
Prevent all MSD	120	40
Prevent from fatigue other stress	55	18.33
Keep body good posture and relax	38	12.67
Prevent from pain all body ache or pain	43	14.33
Total	300	100
7-I can be a role model in term of body health	Frequency	Percent
Yes	100	33.333
No	104	34.667
Don't know	96	32
Total	300	100
8-How long you work with patient	Frequency	Percent
less than 2 hours	50	16.67
2 to 3 hours	119	39.67
More than 3 hours	131	43.67
Total	300	100

9-how long you attend a class	Frequency	Percent
Less than 2 hours	91	30.33
2 to 3 hours	125	41.67
More than 3 hours	84	28
Total	300	100
10-musculoskeletal problem	Frequency	Percent
Yes	217	72.33
No	83	27.67
Total	300	100
11-specific task/s contributes to discomfort	Frequency	Percent
prolong sitting or standing or posture or bending long time class taking	43	14.33
prolong reading or computer work	115	38.33
unnecessary wearing heels or other things	45	15
nothing	31	10.33
no idea	39	13
Total	27	9
Total	300	100
12-kind of chair in class	Frequency	Percent
With backrest	94	31.33
With hand rest	84	28
With foot rest	6	2
With all of the above	95	31.67
Without back rest, hand rest & footrest	21	7
Total	300	100
13-compare body health with others	Frequency	Percent
Never	207	69
Some time	71	23.67
Always	22	7.33
Total	300	100

DISCUSSION

The awareness of ergonomics among the physiotherapy and medical students was assessed using a self administered questionnaire. It was observed that only 28.67% were aware of the word Ergonomics on the other hand a study conducted in Malaysia revealed 35.6% manufacturing industries have a high level of ergonomics awareness¹⁵. Elizabeth Mailoa & Peter Rovani in their research conducted on dentists found that 55.7% of dentists had sufficient knowledge about ergonomics¹⁶.

It was observed in our results that 82% of the respondents thought that good body posture can increase productivity and nearly same results were found by Panagiotis Mitropoulos who used different strategies and parameters to see the improvements and productivity of work and further states that by improving posture productivity can be increased.¹⁷

72% respondents in our study confirmed that they experienced musculoskeletal problems due to poor ergonomics. In 1998, Bramson, gave similar evidence and said that 81% dental operators suffered from musculoskeletal

problems due to the same reason¹⁸. Karen massin in 2008 in her research "distal lower- extremity pain and work posture" reported 9.4% people having significant pain in ankle or foot and 6.4% having lower leg or calf pain¹⁹. D'Souza JC, Franzblau A, Werner RA in their review of lower extremity musculoskeletal and vascular disorders gave a huge prevalence of 83% for foot and ankle pain and 20% prevalence for lower leg²⁰. The same musculoskeletal problems were identified in Indonesia by Elizabeth Mailoa & Peter Rovani who claimed 56.8% of respondents having complaints of pain, with 25% of complaints of back pain, 23.9% limb pain and 8% of neck pain¹⁶

Regarding working with the patient in one day, majority of our respondents, that is, 43.67% stated that they work more than 3 hours with patients where 39.67% stated 2-3 hours and 16.67% stated less than two hours. Elizabeth Mailoa & Peter Rovani enquired the same and stated 61.4% of respondents work 3-4 hours with patient¹⁶. Based on specific tasks regarding discomfort 38.33% and 14.33% regarded long sitting in class and prolong standing/sitting as the major cause where Elizabeth found the same in sitting position with 51.9% respondents complaint.¹⁶

INTRODUCTION

Students around the world begin to make important decisions about future immediately after the result arrives. Some want to continue studying while others wish to start looking for a job or to get married. Study plans are really tough to decide for students of developing countries due to the fact that there are limited career opportunities available to them within their country, and to avoid job-seeking pressure, they prefer moving abroad. Therefore, these young adults start looking for universities and colleges in developed countries because these countries spend more on the research and education sector when compared to their home country.¹ It also guarantees higher standards of knowledge and practical usage of skills, and provides a career-boosting platform for further studies. Scholarship programmes for international students become subsidized forms of human capital loss when a great number of students do not return to the sender (developing) country, especially Master or PhD students who settle down in the receiving (developed) country permanently.²

In the developing countries like Pakistan, migration of talented people is much higher in numbers to the developed world. According to the estimation, around 36,000 professionals including doctors, engineers and teachers have migrated to other countries during the period of last three decades. The purpose of migration contains employment search, education, security and political freedom.^{3,4} United States is always the top most favorable place for Pakistani citizens, particularly students, as it provides advanced technology, research facilities and career advancement in their renowned institutes of the world. However, according to the Institute of International Education, 6,296 students went to US universities and colleges in 2005 whereas in the year of 2010, 5,222 enrolled in US.⁵ According to the Australian Education International from the year 2005 to 2010, the number of Pakistani students in Australia has increased each year. In 2005, almost 2,294 Pakistanis went for education purpose in Australia. When looked into the recent data available, it shows an increase of four times that is up to 8,458 Pakistanis by the end of 2010.⁶ Furthermore; Canada is also one of the most desired places of studies for Pakistani students. The recent stats suggest that total 786 students from Pakistan entered in Canada until the end of 2010.⁷ Research shows that Pakistan is one of those countries with the biggest number of applicants who want to establish themselves in Britain. People from all professions, either it is an IT professional or its a common laborer, all are enlisting themselves in the line to get an approval to move abroad for a better life.

Previous study found the causes of brain drain among many Taiwanese students who went to United States for "better teaching, research facilities, promising career advancement, professional opportunities and its recognition, and job satisfaction in the United States", which is influencing them to stay.^{9,10} A number of studies found the causes of brain drain, many of them finish up with the reason like 'wage differentials' as major encouragement of migrating when making their education decisions.¹¹ The reflection of Das on brain drain in India is also quite rightly set here that Brain goes for money where healthy competitions are assured because it gives recognition which is primarily needed for healthy brains.¹²

Concern of safety and security is also prevalent in South Africa. In the research by Peter Thompson, 66% of the

family. They also mentioned that it would improve their quality of life.¹³ Corruption has been a substantial obstacle in development of societies in Pakistan, and bribery is prevalent in law enforcement. In such circumstances where all institutes are influenced with risk, individuals search for safer and productive life outside motherland.¹⁴ However, citizens are aware that crime exists in the developed countries as well but it would be less endangering life than in their own country.¹⁵

Aside from the safety and education influences for going abroad, some young adults make their decision on idealization, fantasy and romanticized image for foreign countries. As according to research in South Africa these young adults fantasize regarding the foreign world.¹⁶ Students often view studying abroad as an opportunity for personal growth to gain more insight into themselves, others and what they want from life. They broaden their space of exploration and try out new experiences to know their strengths and weaknesses better. They discover their wishes and understand their life from all unique dimensions.

This type of topic has always been viewed from the economic dimensions but has been less highlighted from the discipline of psychology. Psychology is a discipline with limitless boundaries, which cover almost any field of study where human beings are in question.¹⁷ Through observing everyday life of individuals and their experiences, the reasoning behind certain behaviors' can be understood in detail through psychology discipline.¹⁸ One would find many of these young adults searching programs for studies in foreign universities with viable outcomes in future; their cost of living, job market related to their field and some have even look for immigration laws of foreign country and planning to emigrate if able to meet the minimum requirement.¹⁹

This study would also highlight the psychosocial factors behind the decision to study abroad with the aim to achieve the current mind-set of young adults studying or planning to go abroad. Also to determine the five top most happening factors that young adults consider in selecting any host country for higher studies and to distinguish the rationale between young adults going for Masters/PhD and for undergraduate degree.

METHOD

It is a basic, cross sectional research, which reflects upon the existing ideas and applies it to the situation of Pakistan. Close-ended questionnaire was used for gathering data. The questionnaire was divided into three sections. Furthermore, quantitative research process was used to describe the relationship between independent and dependent variables. The duration of this study was about 1 year. The data collection was done in 2011.

Participants

The study is based on the responses of young adults of both genders with ages ranging from 18 to 30 years and has gone for higher education abroad from Karachi in last 5 years, counting from the year 2007 to 2011. The study is also targeting those young adults who were at that time planning to go abroad in 2012 to 2014 on personal expense. The rationale behind it is that they are not bound by any governmental or organizational policy to return to their home country, and it will be completely their choice whether they want to return or not. Only those participants were selected for the study that are

planning or studying in Australia, Britain, Canada and U.S

Procedure

The consulates of US, Australia, Canada and UK in Karachi were contact via postal mail as well as electronic mail to gather statistical information about the number of students who went abroad in last five years. Online questionnaire was made to serve the purpose. The questionnaire was then posted on different social networking groups on social sites which includes, Pakistani students in Melbourne and Sydney, and Pakistani Student in UK on Facebook, LinkedIn, and Google plus. Moreover, the link of the questionnaire was also shared via email to the Euro Educational Consultants and MacnKro Travel Consultants, to forward it their current and previous clients.

Non-probability convenience sampling technique was used to collect the data with the sampling size of at least 200, including both the groups who are planning or currently studying abroad equally. Questionnaire was distributed among 207 students. Only 170 filled the questionnaire properly whereas 37 did not and hence were discarded for this reason. Out of 170, 83 have gone or were planning to go for undergraduate program whereas, 87 participants were pursuing masters degree at that time. From these 117 were males and 53 were females. Analysis was performed by means of Social Package of Social Sciences (SPSS) software, version 16.0.

RESULTS

Analyses focus on the psychosocial reasoning that influences young adults to think about the option of studying abroad. The Table 1 shows the mean of all the items of the first independent variable, which is quality of

Table 1: Mean of all Quality of education items

Quality of education	Mean	SD
Lack of Scientific Research	3.35	1.193
Lack of modern equipments	3.45	1.182
Lesser integration of education & professional world	3.61	1.198
Lesser professional grooming opportunities in internships	3.69	1.132
Lower educational standards	3.69	1.217
Limited field of study	3.65	1.252
Poor teaching style	3.31	1.274
Rote learning	3.50	1.147
Poor course outline	3.36	1.199
Mean of all Educational factors	3.09	0.728

professional grooming opportunities in internship ($M=3.69, \pm 1.132$ SD), lower educational standards ($M=3.69, \pm 1.217$ SD) and limited field of study ($M=3.65, \pm 1.252$ SD) are having higher means among all other items in quality of education. While the overall mean of all the items is $M=3.09, \pm 0.728$ SD. The Table 2 shows the mean of all the items of social & personal reasons. It indicates that the items like, gaining knowledge about other cultures and places ($M=3.62, \pm 1.077$ SD), urge to live by self ($M=3.79, \pm 1.039$ SD), and personal growth ($M=4.46, \pm 0.747$ SD) are having higher means from the rest of the items. Whereas, the overall mean of personal & social reasons is $M=2.94, \pm 0.458$ SD.

Table 2: Mean of all Social & Personal Reasons

Social & Personal Reasons	Mean	SD
Following social trend	3.02	1.060
Family & friends encouragement	3.49	1.105
To come back & create opportunities	3.33	1.140
Presence of strong connections abroad	3.15	1.180
Family & friends pressure	2.48	1.137
To get higher social status in Karachi	2.84	1.195
To gain knowledge about other cultures and place	3.62	1.077
Urge to live on my own	3.79	1.039
Personal Growth	4.46	0.747
Mean of all Personal & Social Factors	2.94	0.458

Table 3: Mean of all items of factors affecting quality of life

Factors affecting quality of life	Mean	SD
Lack of political stability	4.05	1.140
Rise in criminal & terrorist activities	4.12	1.147
Lack of humanity & justice	4.11	1.017
Lack of political freedom	3.82	1.175
Lower work/life balance	3.71	1.057
Lack of safety & security	4.14	1.088
Tout & bribery culture	3.94	1.126
Religious extremism	3.61	1.218
Media's negative depiction of Pakistan's future	3.61	1.279
Mean of all Quality of Life factors	3.36	0.718

The Table 3 represents the factors that affect the quality of life. From the list of items, rise in criminal and terrorist activities ($M=4.12, \pm 1.147$ SD), lack of humanity & justice ($M=4.11, \pm 1.017$ SD), and lack of safety & security ($M=4.14, \pm 1.088$ SD) are the highlighting factors motivating young adults to study abroad. Hence, the mean of overall ratings of factors affecting quality of life is $M=3.36 \pm 0.718$ SD.

From the mean of all the three independent variables, it was found that factors affecting quality of life is the most persistent, having $M=3.36, \pm 0.718$ SD among all that encourage young adults to take decision to study abroad.

DISCUSSION

As outlined previously, the top three items were taken from the list of independent variables each. The first variable was quality of education in which, lesser grooming opportunities in internships, limited field of study, and lower education standards in home country were the most enduring items.

When asked the participants about the professional grooming opportunities in home country, it was discovered that about 66% of 87 those participants who went abroad for Masters were dissatisfied with the opportunities available for internships in home country. These responses emphasize the poor governance in our educational institutes. Beside this, these opportunities allows employer to keep a record of performance of hired students and save further employment time and cost in future by hiring same student upon their graduation.²⁰

Another most important item in the quality of education was the lower educational standards. According to 60% of 87 participants who left for abroad for Masters Degree, educational standards are most of the time compromised in Karachi. Similar feelings were shared by another 64% of 83 participants that are planning to go for Bachelors degree. The educational standards of developed countries are under strict government surveillance and are accountable for every action. For that purpose, 77% of the participants strongly agreed that they looked for university ranking while making the decision to study abroad. Out of 77%, 18% were from US, 14% were from Australia, 17% were from Britain and 28% were from Canada.

The third most important point was the limited fields of study in home country. 59% of 87 participants who are planning to study abroad for Masters and 59% of 83 students for Bachelors program, claims that there are limited fields of study available in Pakistan There is very less variety present in subjects of specialization and the advanced level education is limited. According to ISESCO, unavailability of funds for education sectors in Pakistan is the major cause for lower standard of educational system¹. The reason behind having bereft of modern equipments in Pakistan is similar. Almost 53% of the participants agreed with lack of modern equipments and that is why students look forward to go abroad. Out of 53%, 17% were from Engineering and 21% were from Business and Management. A study by Atta ur Rehman reports that Pakistan lack the equipment, latest scientific literature, and information system and intellectual work force which had led to poor infrastructure in Pakistan²¹.

Apart from quality of education factors, top three social and personal factors were also highlighted which

independently and personal growth. From the groups of participants, 65% of 83 participants that are going for undergraduate degree gave higher importance to knowledge about new place and its people while studying abroad as compared to those who are focused on Masters Degree, which counted to 56% of 87. The second most important factor is the urge to live by self. From the analysis, it was discovered that almost 64% of the total participants highly rated this item on agree. These young adults with their abilities and capabilities want to prove themselves to their society, and want some independence to do things their way without any restriction from society. From the Dwyer research, it is being reasoned that being completely on your own makes a person more mature, as he would be the only one to take decisions of his life and manage his resources.²²

The last most important factor that was highly rated by both groups based on program of study was personal growth. 90% of 87 students from Masters Group and 90% from Bachelors group strongly agreed to the reason of going abroad for personal growth. According to earlier research, living abroad increases self-confidence, give strength to tolerate vagueness in their lives and allow them to think from many other perspectives, which they never did while being dependent.²²

In this regard, parental role is considered as much more important in eastern part of the world. From the previous study, it was found that parents with higher level of education tends to encourage their children more to study abroad, and it further strengthen this encouragement when parents themselves carry foreign education experience²³. However, in this study, it was uncovered that parents having professional degree like undergraduate or higher was also keen of sending their kids abroad for better education. 61% of 59 participants are encouraged by parents to study abroad. At the same time, parents that are having less education than high school were found a bit in favor of the decision too. 56% out of 111 participant's parents were encouraged to study abroad. This shows that parents of students in Karachi realize the importance of education in this fast-paced world.

Aside from reasons for individuals in society to move abroad, it has become a proper culture in east to migrate to the west. A study by Crush J, the culture of migration having high existence in the migrating community and having large migrating network abroad¹⁹. Money is not always the incentive for migration. In the context of India, migration has affected the marriage system of India. According to the research by Ali S and Xiang B, Hindu male IT professionals who are working in Australia shared their work and having foreign nationality has increased the amount of dowry from the family of bride in India^{24,25}.

The last independent variable was the factors affecting quality of life, which is also the most persistent factors among all the psychosocial factors that motivate young adults to make decision of studying abroad.

The top three most important matters in this list were rise of criminal activities, lack of humanity and lack of safety. While selecting the host country when deciding where to study, safety and security is the most important factor from the rest of items with $M=4.32$ and ± 0.908 SD. When participants were asked to rate the safety and security in their home country such as Pakistan, it was uncovered that 78% of 87 participants from Masters Group strongly

agreed with the fact that there is a lack of safety in Pakistan. Similarly, 73% out of 83 participants from Bachelors group rated high to the lack of safety making it a unanimous feeling among students of Karachi. Safety and security issue is due to the rise in criminal activities and injustices done to common people. ISESCO research emphasize that Young adults are most likely to go where there is existence of peace, justice, and respect of humanity¹. When asked participants to rate the criminal and terrorist activities in Karachi, 81% out of 87 of Masters group and 72% out of 83 of undergraduate group strongly agreed on the occurrence of this issue. At the same time, lack of humanity is also highly rated by both groups of young adults, which counts 77% out of 87 participants of Masters/PhD group and 73% out of 83 participants' undergraduate group.

CONCLUSION

This study has noted the process of decision that affects the mind set of young adults. Considering only psychosocial factors for the decision to studying abroad is never done in Pakistan. Therefore, it would add to the discipline of social and behavioral psychology. This study has attempted to answer the questions of psychosocial reasoning that motivate young adults to study abroad, and has focused more on factors that are closely related to their life.

This study had tried to unleash the thought process behind such belief systems that are active in Karachi due to prevailing uncertainty situations. The three highlighted factors, which became focus of this study includes quality of education, social & personal factors and quality of life.

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