

THE STUDENTS' VIEW CONCERNING THE PHYSICAL THERAPY PROGRAM

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Abstract. The research is an non-experimental study. The purpose of paper is to investigate the students' involvement concerning the program of Bachelor's degree – physical therapy. For this aim the samples of study consisted 109 physical therapists students. There were 49 females and 60 males, students first year of study. The age range were 18 to 31 years old for females and 18 to 37 years old for males. The operational instrument use for the study was the survey of nine items. Conclusions show small differences between students male and female concerning the physical therapy program.

Key words: *students, physical therapy, motivation.*

Introduction

Physical therapy is a field of health care that aims to rehabilitate people with movement disabilities. Physical therapy refers to therapy by movement, exactly physical exercises used for therapeutic purpose. Physical therapy aims to establish or maintain health and for this has a well-defined methodological framework. Physical therapy imposes strict rules of application for the physical therapist, which must have thorough knowledge of According to American Physical Therapy Association, physical therapy is a dynamic profession with an established theoretical and scientific base and widespread clinical applications in the restoration, maintenance, and promotion of optimal physical function [3].

Physical therapists, sometimes called PTs, help injured or ill people improve their movement and manage their pain. These therapists are often an important part of rehabilitation and treatment of patients with chronic conditions or injuries [4]. Physical therapists must demonstrate effective and efficient critical-thinkings skills, problem-solving skills and self-directed learning habits that ensure a quick and smooth transition from novice practitioner to reflective professional [5].

Material and methods

The research is an non-experimental study. The purpose of paper is to investigate the students' involvement concerning the program of Bachelor's degree – physical therapy. The methods used on the study were: specialized

anatomy and biomechanics and other specialized knowledge [1].

Physical therapy is a therapy applied in the same time with other means of general therapeutic schedule. It is suitable in medical, mental, professional and social recovery. Physical therapy has several purposes, such as: improving the overall ability of movement and main functions, correction body segments function [2].

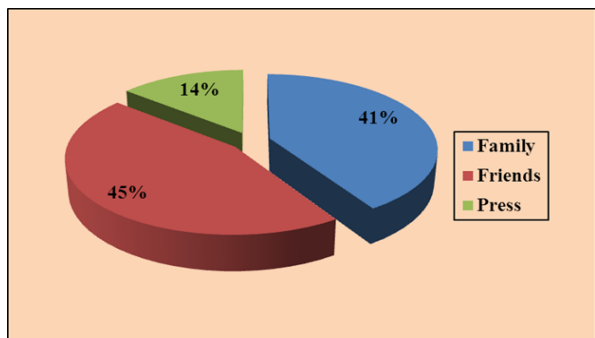
literature, a survey and statistical analyse. The operational instrument use for the study was the survey of nine items. The survey items were developed based on the literature of the field and in the view of the aim and objectives of the study. The items were set to find out qualitative data collection. For this aim the samples of study consisted 109 subjets. There were 49 females and 60 males, students first year of study. The age range were 18 to 31 years old for females and 18 to 37 years aol for males. The averange age for females is 19.65 and 21.65 for males.

Result

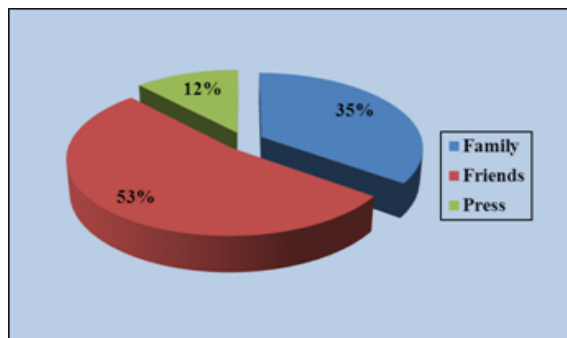
Item 1. How did you learn about the physical therapy program?

Most females learned about physical therapy program form their friends (45%) and almost the same measure from their family (41%). About 14% learned about the program from the advertising request by *Spiru Haret University*. Females' data are presented in Graph 1a.

For the same item half of male (53%) said they learned about the physical therapy program from friends and only about 35% from the family. The lowest percentage (12%) learned about the program from the advertising request by *Spiru Haret* University. Males' data are presented in Graph 1b.



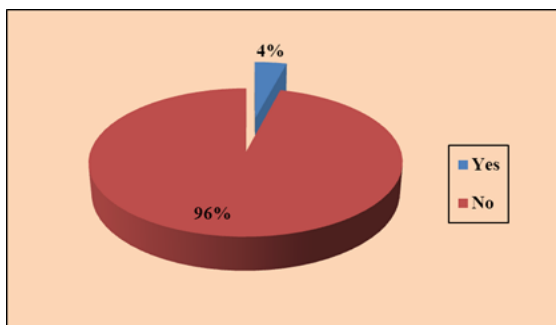
Graph 1a. Item 1 for females



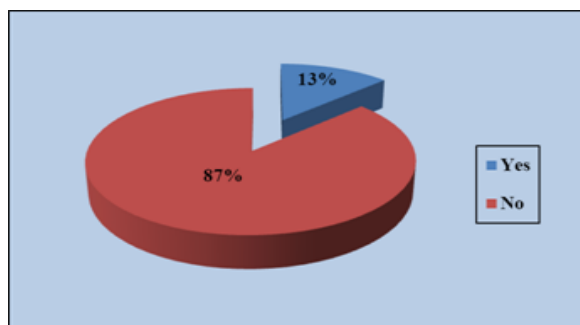
Graph 1b. Item 1 for males

Item 2. Do you work the field of physical therapy?

Almost everyone don't work in the field of physical therapy, exactly 96% of females and 87% of males. There is a small difference between males and females (Graph 2a and Graph 2b), meaning more females involved in the field of physical therapy.



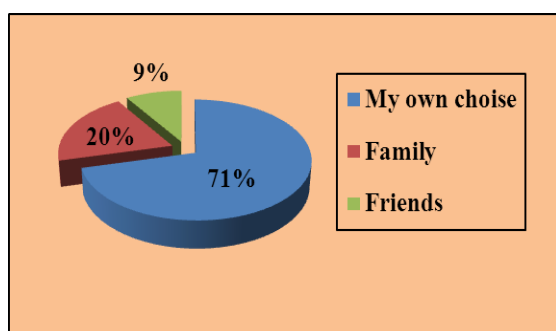
Graph 2a. Item 2 for females



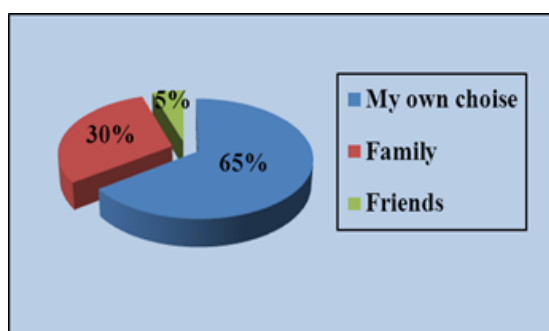
Graph 2b. Item 2 for males

Item 3. Who encouraged you to apply to physical therapy program?

The most commonly females answer was that they decided to study that program, by their own choice. The percentage of females was bigger (71%) than males (65%). Families had a influence of 20% for females and 30% for males and a small percentage they choose to follow this program encouraged by the friends (Graph 3a and Graph 3b).



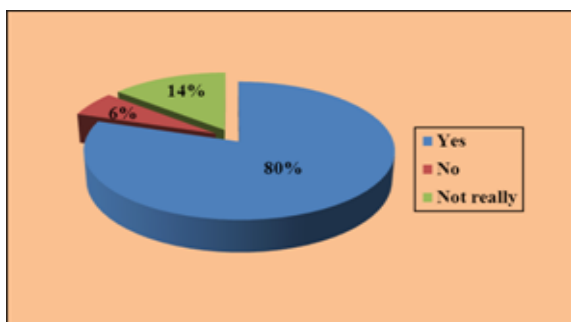
Graph 3a. Item 3 for females



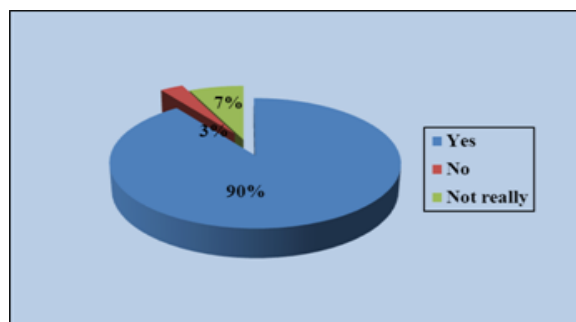
Graph 3b. Item 3 for males

Item 4. Do you know what physical therapy does?

Almost everyone know what does physical therapy (80%) females and 90% males. More females (14%) than males (7%) don't really know what does physical therapy. A small percentage of females (6%) and a minor of males (3%) don't know what does physical therapy (Graph 4a and Graph 4b).



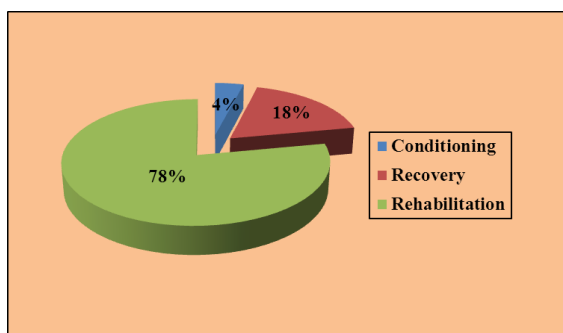
Graph 4a. Item 4 for females



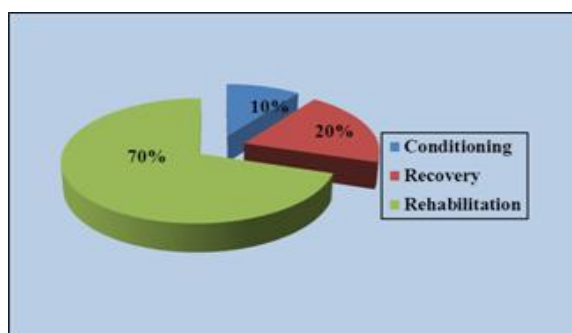
Graph 4b. Item 4 for males

Item 5. What does physical therapy mean?

Most of females respondents (78% females) know the physical therapy deals with rehabilitation and only 18% consider that this deals with recovery. A minor percentage of 4% consider this to deal with conditioning (Graph 5a). Almost the same percentage of males answered in the same way. So, 70% of males consider that physical therapy means rehabilitation, 20% of them think about recovery and 10% to conditioning (Graph 5b).



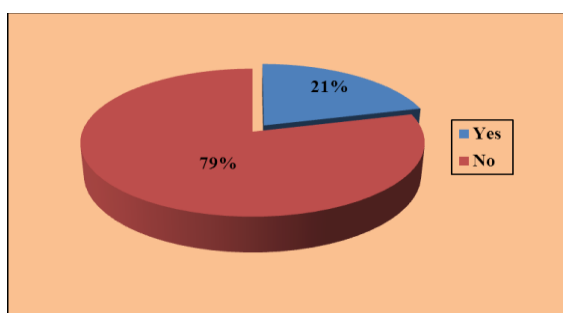
Graph 5a. Item 5 for females



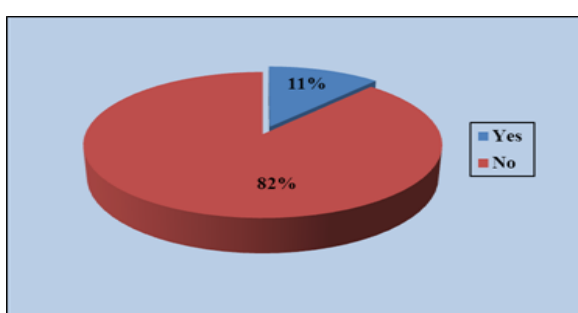
Graph 5b. Item 5 for males

Item 6. Have you ever been in physical therapy?

An important number of females (79%) have never been in physical therapy and only 21% have been (Graph 6a). In the same way 82% of males have never been in physical therapy and 11% have been (Graph 6b).



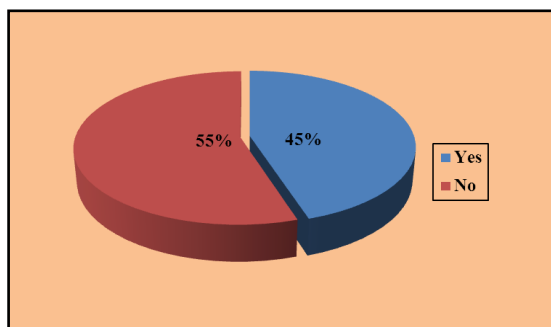
Graph 6a. Item 6 for females



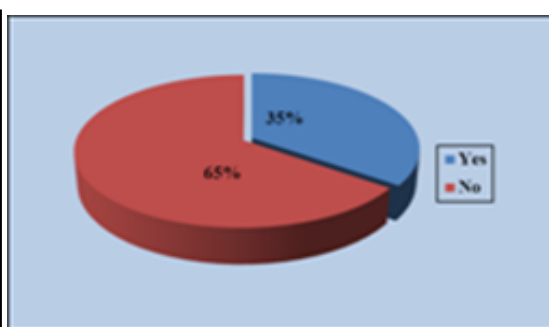
Graph 6b. Item 6 for males

Item 7. Have you ever visited a physical therapy establishment?

Many females (45%) have visited a physical therapy establishment, but other (55%) have never visited a physical therapy establishment (Graph 7a). Almost in the same way, a little bit less males (35%) have been in physical therapy establishment. A percentage of 65% have never been in a physical therapy establishment (Graph 7b).



Graph 7a. Item 7 for females

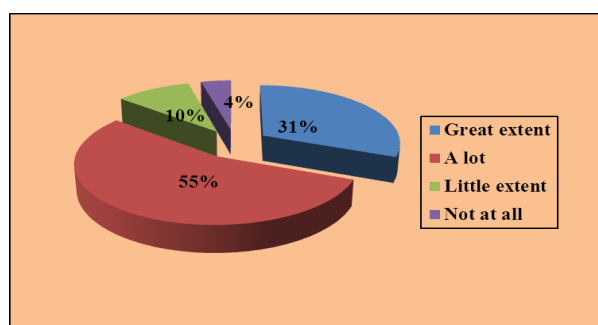


Graph 7b. Item 7 for males

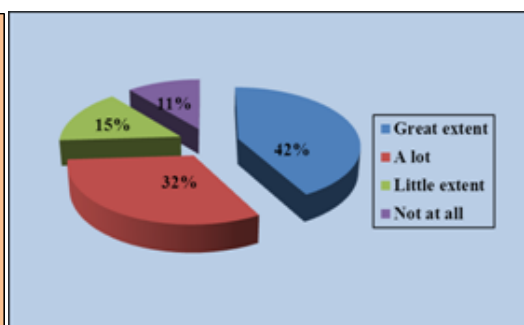
Item 8. To what extent do you think that you fit the profession?

More than half of the respondents (55%) consider that physical therapist fits a lot to them. In the same way 31% think it fits great and 10% little extent. A very small percentage of 4% consider the profession does not fit at all (Graph 8a).

Less than half of males (42%) think they fit great the physical therapist. 32% of males fits a lot for this profession. About 15% of respondents fit a little and 11% does not fit at all to physical therapist (Graph 8b).



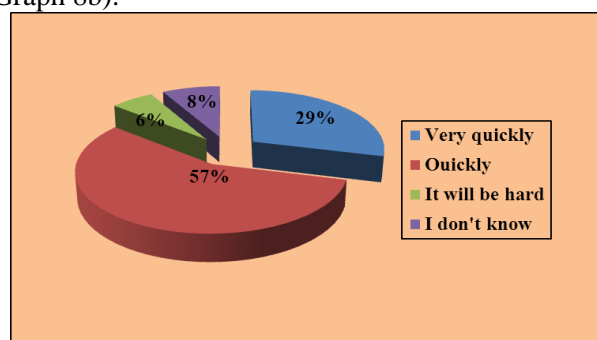
Graph 8a. Item 7 for females



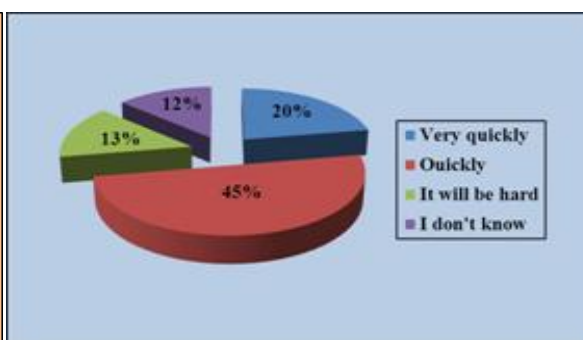
Graph 8b. Item 7 for males

Item 9. How soon do you think you will find a job after graduation?

Most of females respondents (57%) think to find quickly a job and 29% to find very quickly the physical therapist job. 6% of females have the opinion that will find hard the job. About 8% can not appreciate this (Graph 9a). Less of males (45%) think to find quickly the job and 20% of them appreciate to be physical therapist very quickly. 13% think they will get hard the job and 12% does not know about this (Graph 9b).



Graph 9a. Item 9 for females



Graph 9b. Item 9 for males

Discussions and conclusions

The subjects are not significant involved in the field of physical therapy, but a bigger percentage

of males work in this therapy. The subjects' answers underline that both males and females have been informed by the friends and family

about the study program. Advertising media was not a strong influence subjects decision. It seems that the most important decision has been made by themselves. A great number of males and females students declared they know what the therapy do and they recognize the object of it. There are some students that don't know what the therapy deals with despite they are involved in the program. The subjects need to be strong involved in studies and research in order to be well-trained. According to Bohannon and Leveau, physical therapists have done better than other professionals in regard to research utilization, because a lack of progress could result from either a lack of research information or the failure to use available information [6].

Most of students have never been in a physical therapy and have not been in a physical therapy establishment.

Males and females have the feeling that they are fit to the profession of physical therapist and they hope to get the job quickly. The participants on Schreiber's research, frequently referred to the benefits of research evidence as a means to provide support for clinical decisions. The participants believed that using research evidence was likely to increase confidence in decision making, improve effectiveness, and enhance the stature of the physical therapy profession [7]. Rozier and al. provide a description of how physical therapists uniquely perceive career success. They identified factors that influence the achievement of career success. There is much agreement between male and female therapists regarding the definition of career success. Differences in family issues, the importance of full-time practice, and the priority of flexibility in practice conditions stand out. According to their findings the family responsibilities are important to women's definition of career success and have a greater impact on career success for women than for men. Self-esteem levels were high for both male and female therapists [8].

Jensen and al. data analysis suggest that experienced clinicians possess attributes that are different from those of novices. They currently lack understanding of the development of physical therapy expertise. Continued research in this area is crucial to the improvement of physical therapy practice and professional education [9].

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