

# Factors Influencing Physiotherapy graduates in Choosing Neurological Physiotherapy for Postgraduation in their Professional Career: A Survey Study

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## ABSTRACT:

**Background:** Factors influencing physiotherapy students in choosing neurological physiotherapy as a career. **Objective:** The study aimed to identify the factors influencing physiotherapy students in choosing neurological physiotherapy as a career. **Methods:** The survey study was done on the year 2021 at saveetha college of physiotherapy and other physiotherapy colleges in Chennai. A questionnaire comprising of 16 questions, was administered for neurological physiotherapy students. Students were asked questions pertaining to the importance of four central motives productive, knowledge, social, and personal background for selecting neurological physiotherapy as a career and Likert scale was used to measure the outcomes. **Results:** A total of 138 physiotherapy students out of 120 were participated in the survey. The results show that the top four factors, which influenced students to choose neurological physiotherapy as a career and the “productive” factor topped the list.

**Conclusion:** The findings of the present study show that the productive factor is the top reason and influenced students for joining neurological physiotherapy as a career.

## INTRODUCTION:

All physiotherapy is pertained with mobility, exercise prescription and treatment of impairments, disabilities and handicaps. However, the education and training provided to the patient to develop or restore functions is arguably more specialized in neurological physiotherapy. In movement dysfunction, the physiotherapist investigates element of task and plans the therapy strategy based on his or her expertise mobility of human and skill acquisition.<sup>[1]</sup> Understanding the sensorimotor system, motor control, and learning theories,

as well as the neuroplasticity recovery process. Beyond physical issues, the physiotherapist must be aware that perceptual, cognitive, and behavioural issues might affect a person's ability to execute their daily functional activities.<sup>[2]</sup> Rather than following ideas such as bobath or motor learning, neurological physiotherapy teaches a drag-solving approach to patient treatment, while acknowledging that numerous equivalent interventions or techniques are used under theoretical approaches. Students are encouraged to transfer their knowledge they've learned in all of their university teaching and practice placement experiences to neurology and to rationalise their decisions. Transferring knowledge and abilities acquired in variety of contexts is typically a challenging task for students. Their previous experiences had been centered on learning a particular technique associated with a specific diagnosis or set of symptoms.<sup>[3,4]</sup>

For physiotherapy students learning neurological physiotherapy, a number of challenges and student responses to those challenges are listed above. There was a scarcity of literature on learning neurological or subject-specific physiotherapy knowledge, despite several attempts to characterise physiotherapists' concepts of knowledge and the factors influencing their decision to pursue a career in neurological physiotherapy.<sup>[5]</sup> Motives for pursuing a career are difficult to comprehend. Many factors influence career choice, such as perceptions of one's own strengths, weaknesses, desires, financial fortitude (or lack of there) to undergo the lengthy period of coaching associated with specific careers, the actual type of work that a specific career entails, working conditions, and financial rewards associated with a career.<sup>[6,7,8]</sup> Many factors are cited as determinants for choosing a medical career, including conscious factors such as the desire to help people, a preference for biological knowledge, and scientific curiosity, as well as unconscious factors such as the potential for reparation and redirection, as well as socioeconomic factors such as family influence.<sup>[9,10]</sup> A survey for pursuing a career in neurological physiotherapy is pertinent for the reasons stated above. Thus, the study's aim was to identify factors that influence students to pursue a career in neurological physiotherapy.

## **METHOD:**

A total of 138 physiotherapy students out of which 120 students were available at the time study. The study includes both genders, subjects who knows local language / English for communication, physiotherapy interns, postgraduates, PhD scholars. The study excludes subjects not willing to participate, who have communicating problems, cannot comprehend/complete the questionnaire, who are studying undergraduates, who did not co-operate and absentees were excluded from the study. A motivation questionnaire was rephrased according to Indian scenario.<sup>[11]</sup> A representative sample of physiotherapy students participated in the study's pilot phase. On an average, one physiotherapy college students were interviewed per day. The questionnaire was distributed among students through google form. This questionnaire took approximately 20mins to complete.

Students were informed that completing and submitting the questionnaire stipulated their agreement to participate in the study. The self-administered questionnaire included age, gender, and year of experience as the demographic variables. The questionnaire consisted of 16 questions of four central factors productive, knowledge, social and personal background

and Likert scale was used to measure the outcomes. Students were asked to rate their rationale for pursuing a career in neurological physiotherapy on a 5-point Likert scale as strongly agree, agree, strongly disagree, disagree and no opinion.

## **RESULT:**

The survey study was conducted to understand the factors that influencing physiotherapy students to pursue a career in neurological physiotherapy. A total of 138 physiotherapy students out of 120 were participated in the survey. Results showed following observations. Mean scores of first domain “productive” (Total score: 43.6%); second domain “knowledge” (Total score: 38.7%); third domain “social” (Total score: 35.2%) and fourth domain “personal background” (Total score: 31.9%). Based on the mean scores, the top four factors, which influenced students to choose neurological physiotherapy as a career, are demonstrated. The factor “productive” (Total score: 43.6%) topped the list. The top four factors are demonstrated. In Table 1-productive the total scores the top four factors, which influenced students to choose neurological physiotherapy as a career, are demonstrated and table 2-knowledge the total scores the top four factors, which influenced students to choose neurological physiotherapy as a career and table 3-social the total scores the top four factors, which influenced students to choose neurological physiotherapy as a career and table 4-personal background the total scores the top four factors, which influenced students to choose neurological physiotherapy as a career. The factor “productive” (Total score: 43.6%) topped the list.

## **DISCUSSION:**

One of the foremost important decisions which affects life is that the choice of career. This decision is based on various factors and is influenced by the futuristic aims. The purpose of this investigation was to obtain information about motives for pursue neurological physiotherapy as a career among physiotherapy students in Chennai City.

Most individual do not adhere to a single critical motive, but rather consider and act on the sum total of motives and alternatives during the decision-making process. The choice of a professional career, like many other events in daily life, can be viewed as a multifactorial decision in which several motives interact simultaneously.<sup>[12]</sup>

These findings demonstrate the value of including a systematic career orientation programme in the curriculum. A programme like this could make students understand the scope and realities of many specialties, as well as clarify their preferences and assist them in making an informed decision that suits their interests and abilities.<sup>[13]</sup>

Factors most influential factors in their post-graduation career choices were their interest in the specialty leading to a high quality of life.<sup>[14]</sup>

As a result, it is appropriate to be understanding of medical students' perceptions and motivating factors that influence their career choice. More research is needed, however, to identify the factors that influence students to choose medicine as a career on a large scale. These influencing/motivating factors may differ from country to country depending on the socio-cultural, political, economic, professional, and technological factors prevalent in that country.<sup>[15,16]</sup>

**CONCLUSION:**

The findings of the present study show that the productive factor is the top reason and influenced students for joining neurological physiotherapy as a career. Based on the present study findings following recommendations can be made: Further studies should be conducted by extending study and evaluating other psychological factors that influenced the decision of choosing neurological physiotherapy. The present study may help in creating effective messages for captivating students to the neurological physiotherapy profession.

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**CONFLICT OF INTEREST:** No such conflict of interest

**TABLES:**

**TABLE-1 PRODUCTIVE DOMAIN:** (n=120)

No. of questions	Strongly agree	Agree	Strongly disagree	Disagree	No opinion
1.	66	40	7	3	4
2.	62	44	5	7	2
3.	58	42	8	5	7
4.	65	37	4	6	8
<b>TOTAL:</b>	251	163	24	21	21

**TABLE-2: DOMAIN:**(n=120)

No. of questions	Strongly agree	Agree	Strongly disagree	Disagree	No opinion
1.	61	45	2	2	10
2.	56	41	7	9	7
3.	52	44	6	9	9
4.	54	43	8	6	9
<b>TOTAL:</b>	223	173	28	16	35

**TABLE-3: SOCIAL DOMAIN:**(n=120)

No. of questions	Strongly agree	Agree	Strongly disagree	Disagree	No opinion
1.	55	30	11	15	9
2.	53	25	10	19	13
3.	51	28	20	10	11
4.	44	37	15	8	16
<b>TOTAL:</b>	203	120	56	52	49

**TABLE-4: PERSONAL DOMAIN: (n=120)**

No. of questions	Strongly agree	Agree	Strongly disagree	Disagree	No opinion
1.	43	32	11	18	16
2.	39	38	16	15	12
3.	49	25	17	14	15
4.	53	34	11	16	6
<b>TOTAL:</b>	184	129	55	63	49

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