

**ASSESSMENT OF ERGONOMICS IN THE WORKPLACE IN  
SELECTED GARMENTS MANUFACTURING  
COMPANIES IN CAVITE**

**THESIS**

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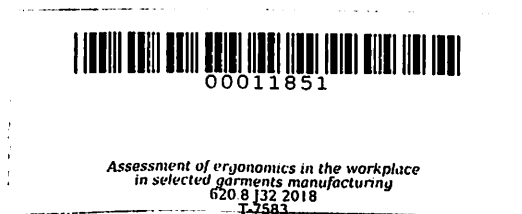
**Indang, Cavite**

**June 2018**

# **ASSESSMENT OF ERGONOMICS IN THE WORKPLACE IN SELECTED GARMENTS MANUFACTURING COMPANIES IN CAVITE**

Undergraduate Thesis  
Submitted to the Faculty of  
College of Economics, Management, and Development Studies  
Cavite State University  
Indang, Cavite

In partial fulfillment  
of the requirements for the degree  
Bachelor of Science in Business Management



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June 2018

## ABSTRACT

**JAVIER, PATRICIA MAE B., LOPEZ, NEIL PATRICK H., & ROMERO, CHARLENE M.,** **Assessment of Ergonomics in the Workplace in Selected Garments Manufacturing Companies in Cavite.** Undergraduate Thesis. Bachelor of Science in Business Management major in Human Resource Development Management. Cavite State University, Indang, Cavite. June 2018. Adviser: Ms. Mailah M. Ulep.

This study was conducted in order to look into the ergonomics of selected garments manufacturing companies in Cavite. Specifically, the study aimed to: (a) describe the demographic profile of employees in the garments company in terms of age, sex, position, and length of service; (b) describe the level of practice of ergonomics in selected garment manufacturing workplace; (c) describe the perceived level of productivity of employees in selected garments manufacturing companies in Cavite; (d) determine the level of work engagement of employees in selected garments manufacturing companies in Cavite; (e) determine the significant relationship between the practice of ergonomics and perceived employee productivity; and (f) determine the significant relationship between the practice of ergonomics and work engagement.

Data were collected with the use of survey questionnaire. Participants of the study were the employees of selected garments manufacturing companies in Cavite. Weighted mean, percentage, standard deviation, and Spearman correlation were used to analyze the data.

The result of the study showed that majority of the participants were in the age bracket of 20-30, female, and have rendered 1 to 5 years of service.

The findings of the study further revealed that ergonomics is extremely practiced in the garment companies in Cavite. On the other hand, the study revealed that employees were regarded as highly productive. It was also revealed that the employees are highly engaged to their job.

This study revealed that there is a significant relationship between the practice of ergonomics and employee productivity. This study also divulges that there is a significant relationship between the practice of ergonomics and the level of employee engagement.

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Undergraduate thesis manuscript submitted to the faculty of the Department of Management, College of Economics, Management, and Development Studies, Cavite State University, Indang, Cavite in partial fulfillment of the requirements for the degree of Bachelor of Science in Business Management major in Human Resource Development Management with Contribution No. ~~CEMDS 2018-343~~. Prepared under the supervision of Ms. Mailah M. Ulep.

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## **INTRODUCTION**

Ergonomics is defined as the study of the design of a workplace, equipment, machine, tool, product, environment, and system which takes into consideration human being's physical, physiological, and psychological capabilities and optimizes the effectiveness and productivity of work systems while assuring the safety, health, and well-being of the workers (Fernandez & Marley, 1998). The aim of ergonomics is to fit the task to the human, not the human to the task.

The term “ergonomics” came from the Greek word “*nomos*” meaning rule, and “*ergo*” meaning work. One could propose that ergonomics should elaborate rules for a more forward-looking, prospective concept of design. In contrast to corrective ergonomics, the idea of prospective ergonomics is based on applying ergonomic recommendations that simultaneously take into consideration profitability margins (Laurig, 1992).