

ACCEPTABILITY OF MOTION SICKNESS GOGGLES FOR BALANCE REHABILITATION

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ABSTRACT

This study assessed the acceptability of Motion Sickness Goggles as a balance rehabilitation tool among licensed physical therapists. Guided by the Cognitive Load Theory, a quantitative descriptive research design was used. Data were collected from 30 licensed physical therapists with at least two years of experience in balance rehabilitation using a researcher-made survey questionnaire. Statistical tools included frequency, percentage, and weighted mean, with a 5-point Likert scale for interpretation. Results showed that the most commonly used tools in balance rehabilitation were the wobble board (23.30%), vestibular ball (21.36%), and BOSU ball (13.59%). The most frequent challenge encountered was lack of equipment (39.58%). Motion Sickness Goggles obtained an overall weighted mean of 3.82, interpreted as Moderately Acceptable. Among the dimensions, ease of use (4.00) and durability (3.97) were rated highest, while appearance (3.70) and usability (3.60) received lower but still acceptable ratings. Findings indicate that Motion Sickness Goggles have potential as an adjunctive tool, though improvements in design and clinical application are recommended.

Keywords: Motion Sickness Goggles, Balance Rehabilitation, Physical Therapy, Acceptability