EFFECT OF POSTURAL EDUCATION ON PHYSICAL, MUSCLE FUNCTION, LEVEL OF PAIN AND QUALITY OF LIFE AMONG INSTITUTIONALIZE OLDER PEOPLE WITH LOW BACK PAIN

ANITH MAHIRAH BINTI AHME

BACHELOR OF PHYSIOTHERAPY (HONS)

FACULTY OF HEALTH SCIENCES

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CANDIDATES’ DECLARATION

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Name of Candidate’s : Anith Mahirah Binti Ahme
Candidate’s ID No : 2012253118
Programme : Bachelor (Hons) Physiotherapy
Faculty : Faculty of Health Sciences
Thesis Title : Effect of Postural Education for Institutionalize Older People with Low Back Pain on Muscle and Physical Function, Level of Pain and Quality of Life

Signature of Candidate ........................................

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ABSTRACT

Low back pain (LBP) was a common problem that most people experience at some point in their lifetime. Generally increased risk of LBP was associated with awkward posture. However, in elderly the incidence of LBP could be due to aging process. Posture education was the one of the treatment choice. However, there was a lack of studies on posture program for LBP among elderly specifically in institutionalize centres. This study was conducted with aimed to determine the effect of postural care on muscle properties, physical function, level of pain and quality of life as well as to determine association between muscle properties with physical performance, level of pain and quality of life.

This was experimental study design utilizing pre-test and post-test measurement. The data were collected during baseline and after 8 weeks. Research was conducted in Rumah Seri Kenangan (RSK), Taiping and Cheras. Result shows, there were significant different in muscle strength (upper limb), muscle flexibility (sit and reach), muscle control (TrA and multifidus) with \( p < 0.05 \) on postural care program. There were association between muscle property and physical function but there were no association between level of pain and quality of life. This study showed that institutionalized elderly with LBP had provide benefits in certain variables. Thus, it is proven that posture education provide some changes among LBP people. However, Future studies are needed to explore more on effects of education among elderly with LBP.

**Key words:** Low Back Pain, older people, institutionalize centers, physical performance, posture, education, muscle property, level of pain, quality of life
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>AUTHOR’S DECLARATION</td>
<td>i</td>
</tr>
<tr>
<td>ABSTRACT</td>
<td>ii</td>
</tr>
<tr>
<td>ACKNOWLEDGEMENTS</td>
<td>iii</td>
</tr>
<tr>
<td>TABLE OF CONTENTS</td>
<td>iv</td>
</tr>
<tr>
<td>LIST OF TABLES</td>
<td>ix</td>
</tr>
<tr>
<td>LIST OF FIGURES</td>
<td>x</td>
</tr>
<tr>
<td>LIST OF ABBREVIATIONS</td>
<td>xi</td>
</tr>
</tbody>
</table>

## CHAPTER 1  INTRODUCTION

1.1 Background Of The Study  1
1.2 Problem Statement  5
1.3 Research Question  9
1.4 Research Objective  9
1.5 Research Hypothesis  10
1.6 Significance Of Study  12
1.7 Definition Of Terms  13

## CHAPTER 2  LITERATURE REVIEW

2.1 Introduction  16
CHAPTER 3 METHODOLOGY

3.1 Introduction 46
3.2 Study Design 46
3.3 Study Setting 48
3.4 Study Population And Sampling 48
3.5 Sample Size Calculation 49
3.6 Instrumentations And Procedure 50
3.6.1 Demographic Data And Anthropometric Data 50
3.6.2 Data Measurement 50