

UNIVERSITI TEKNOLOGI MARA

**THE PREVALENCE OF MUSCULOSKELETAL
DISORDERS (MSDs) AND ITS RISK FACTORS
AMONG PRIMARY SCHOOL TEACHERS
IN LOSONG, TERENGGANU**

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ABSTRACT

Musculoskeletal disorders (MSDs) represent one of the most common and important occupational health problems in working populations, being responsible for a substantial impact on the quality of life. School teachers represent an occupational group, among which there appears to be a high prevalence of MSDs. In Malaysia, few studies are focusing on MSDs and its risk factors among school teachers, but in Terengganu, there is only one data available on previous study for MSDs among school teachers. The study aims to determine the prevalence of MSDs and associated risk factors among primary school teachers in Losong, Kuala Terengganu. A cross sectional study was conducted in two primary schools in the Losong, Terengganu. 53 respondents who fulfilled the study criteria volunteered to participate in the study. A questionnaire was used to determine the demographic and occupational information. To investigate the MSDs among school teachers, they were interviewed with the Standardized Nordic Musculoskeletal questionnaire (SNMQ). The findings indicate that the feet was the most affected location of the body during the past 12 months, with 66.0% and 41.5% for the past 7 days. The most significant risk factors that associated with body parts (neck, shoulder, hands) were repeated motion, weighed load in awkward posture and the reached hands farther than normal. A high prevalence of MSDs can be due to a substantial lack of awareness and practice of ergonomics, which warrant the development of preventive strategies and educational programs.

Keywords: Musculoskeletal disorders (MSDs), prevalence, risk factors, school teacher, primary school

CHAPTER 1

INTRODUCTION

1.1 Background

Musculoskeletal disorders (MSDs) are injuries and disorders of the nervous system and soft tissues, including muscles, tendons, ligaments, joints, spinal discs, and cartilage (World Health Organization, 2003). MSDs is defined as a wide range of inflammatory and degenerative conditions affecting the muscles, joints, tendons, ligaments, nerves, bones, and the localized blood circulation system that may be caused by or aggravated by work tasks and by the effects of the immediate environment in which work is carried out. MSDs include low back pain, shoulder pain, repetitive strain injuries, and joint pain (knees, wrists, and other joints), which hinders body movement (Punnett et al., 2004). This disorder is usually not caused by one singular event, but it develops gradually after a series of exposure.

MSDs are one of the most common and serious occupational health issues in the teaching profession, and they have gained increased attention in recent years, despite being long ignored. MSDs is a risk for teachers with poor body posture while teaching and talking with students, negatively impacts work quality. According to an epidemiological study, teachers have a higher prevalence of musculoskeletal problems than other occupational groups (Cardoso et al., 2009), ranging from 40%