



FACULTY OF MUSIC
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ACADEMIC PROJECT

RESEARCH REPORT

MUSCULOSKELETAL DISORDER AMONG BRASS MUSIC STUDENTS IN
UNIVERSITI TEKNOLOGI MARA

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Abstract

The purpose of this study is to investigate the issues of musculoskeletal disorder among brass player in Universiti Teknologi Mara (UiTM). As a brass player myself, I personally affected by the disorder, and that encouraged me to dive into the topic. This research will only focus on the brass player UiTM, both in diploma and degree program with the total response of 30 students. This is a quantitative research and the researcher used questionnaires as a method to collect the data. All the data was analysed and presented with bar and pie chart with explanation. Based on the finding, a large number of students were affected by musculoskeletal disorder and few of them.

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CHAPTER 1

1.1 Background of Study

Musculoskeletal complaints, according to Kok (2013), are a common problem in the general population. According to Driscoll and Ackermann (2012), in the occupational group of professional orchestral musicians, musculoskeletal structure are reported to be the most commonly injured tissues. The number of instrumentalists with playing-related illness who actually seek medical help is estimated to be as low as 15%, meaning that rates of illness may in fact be much higher (Buckholder, 2004).

Kok (2013) also stated that it has been consistently demonstrated that jobs with frequently repeated movements like computer use and work with high physical demands are associated with musculoskeletal complaints. This statement approve that that high physical demand is related to the problem, which is related to music making that use big part of the body repetitively for music making. According to Lederman (2003), among instrumentalists with musculoskeletal disorders, approximately one-third can be assigned a relatively specific diagnosis such as shoulder impingement or rotator cuff disruption; sprain, including those with joint hyperlaxity, tendinitis, or tenosynovitis, arthritis, and epicondylitis.

In Heinan's (2008) research work, he mentioned that trombone players have the highest rate of injury. Iranzo, Soriano, Camacho, Belloch and Tormo (2010) stated that trumpet players are most vulnerable because of the high pressures required to play the instrument but players of other brass instruments such as the French horn or trombone are also affected. This statement proved that different instrument can also affect the player's health.

All the studies above were conducted in a foreign country where their skeletal and body size are different from those in Asia. There are not many research work that focuses only on brass instrument playing related issue. The present research will explore the musculoskeletal problem in a context that could be used for brass players in the Asian countries.