

UNIVERSITI TEKNOLOGI MARA

**RISK FACTORS FOR LOW BACK PAIN AMONG
OFFICE WORKERS AND ITS PREVENTIVE
MEASURE**

BY

MUHAMAD FAIZAL BIN MOHD ZAINI

**Research Project Report submitted in partial fulfillment of the
requirements**

**For the Degree of
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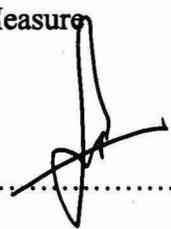
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Name of Student : Muhamad Faizal Bin Mohd Zaini
Student I.D. No : 2013612822
Programme : Bachelor of Sports Science (Hons.)
Faculty : Sports Science & Recreation
Thesis/Dissertation Title : Risk Factors for Low Back Pain among
Office Workers and Its Preventive

Measure

Signature of Student : 
Date : July 2015

ABSTRACT

This study was organized to recognize the risk factor of lower back pain (LBP) among office workers and how to reduce their pain or avoid them from getting chronic low back pain in the future. There are several factors that contribute to the lower back pain among office workers such as prolonged sitting, age and unhealthy lifestyle. These problems should be fixing because it can be a major contribution to the inefficiency in workplace. The study was conduct in Temerloh district and the sample was from office worker around Temerloh district which is male (N =15) and female (N =15). Purpose of the study is to identify the risk factors of low back pain among office workers and its preventive measure. The Oswestry Low Back Pain Questionnaire was use to identify the level of lower back disability among all subject. After that, subject was handling with pre-test and post-test of sit and reach test to determine the effect of preventive measure for six week. The result show there is significant different between pre-test and post-test in flexibility of lower back after six week of preventive measure intervention. The result for pre-test in sit and reach test is 26.83 ± 4.63 and result for the post-test is 31.58 ± 4.35 .

Keywords: Low Back Pain, office workers

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