

**UNIVERSITI TEKNOLOGI MARA**

**THE EFFECT OF KINESIO TAPING ON LOWER BACK PAIN  
AMONG OBESE HOUSEWIVES**

**By  
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**Research Project Report submitted in partial fulfillment of the requirements for  
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## DECLARATION

### BACHELOR OF SPORT SCIENCE AND RECREATION


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I, Noramirah Binti Samsikama (I/C Number: 931004-06-5844) hereby, declare that:

This work has not previously been accepted in substance for any degree, locally or overseas, and is not being concurrently, submitted for any other degree.

This paper project was the best result of my independent work and investigation, except, where otherwise states. I absolve Universiti Teknologi Mara (UiTM) and Faculty of Sport Science and Recreation from any blame because of my work.

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## **ABSTRACT**

The purpose of this study is to study the effect of kinesiio taping on lower back pain among obese housewives. Apart from that, it also wants to determine the level of pain and disability index and also to measure physical activity level on experimental and control group. Population for the experimental group was from Indera Mahkota, Kuantan (n=15) and for control group from Felda Tersang, Raub (n=15). A total of 30 subjects (n=30) were selected via purposive random sampling participated in this study. Results showed that there was no significant difference ( $p>0.05$ ) in level of pain and disability index of ODI ( $p=.29$ ), VAS ( $p=.27$ ) and RMQ ( $p=.38$ ). For the physical activity level there was also no significant difference ( $p>0.05$ ) in the IPAQ ( $p=.27$ ). the back functionality there was also no significance difference in lumbar flexion ( $p>0.05$ ) but for the MST result there showed significant ( $p=0.00$ ). In conclusion, the findings in this study indicated that kinesiio tape does not effective to increase back functioning but it was act as the medium of pain relief. There was an improvement when applying kinesiio tape but there need to include exercise therapy during the intervention program to get a significant result.

**Keywords** – Obese housewives, kinesiio taping, level of pain, disability index, physical activity, and back functionality

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