

**UNIVERSITI TEKNOLOGI MARA**

**CHAIR SUITABILITY IN PRIMARY  
SCHOOL USING ANTHROPOMETRIC  
MEASUREMENTS**

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Project submitted in fulfillment of the requirements for  
the degree of  
**Bachelor in Environmental Health and Safety**  
**(Hons.)**

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## DECLARATION BY STUDENT

Project entitled “Chair Suitability in Primary School using Anthropometric Measurements” is a presentation of my original research work. Whenever contributions of others are involved, every effort is made to indicate this clearly, with due reference to literature, and acknowledgement of collaborative research and discussions. The project was done under the guidance of Project Supervisor, Razi Ikhwan Bin Md Rashid. It has been submitted to the Faculty of Health Sciences in partial fulfilment of the requirement for the Degree of Bachelor in Environmental Health and Safety (Hons).

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*In the name of Allah, The Most Gracious, The Most Merciful.*

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## ABSTRACT

This research investigates the chair suitability in primary school and anthropometric measurements among the student in primary 1 (7 years old) and primary 4 (10 years old) in Sekolah Kebangsaan Lahad Datu II, Sabah. Ergonomic principles are used as parameter in order to identify the mismatch between anthropometric and chair dimension in primary school. Qualitative approach is used in this research to discuss the factors and effects of awkward sitting posture amongst primary school in Sekolah Kebangsaan Lahad Datu II throughout their learning session in class. Quantitative approach is applied to identify the percentage of mismatch between anthropometric and chair dimension among primary 1 (7 years old) and primary 4 (10 years old). The finding indicates that awkward posture sitting among primary school student appear due to the mismatch between anthropometric and school chair dimension. Research shows that percentage of the mismatch between primary school anthropometric and chair dimension in school is high. Thus, the plastic chair that provided by the primary school are unsuitable for the student to used. Hence, providing a proper standard dimension of adjustable chair for each student in primary school could be a solution to this problem.

Keyword: *chair suitability, anthropometric, chair dimension, sitting posture, percentage of mismatch, adjustable chair.*