

UNIVERSITI TEKNOLOGI MARA

**THE PREVALENCE OF
MUSCULOSKELETAL DISORDERS AND
ERGONOMIC RISK FACTORS AMONG
PRIVATE KINDERGARTEN TEACHERS
IN MERSING**

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

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ABSTRACT

Musculoskeletal disorders (MSDs) have become a well-known occupational health concern for teachers in recent years, with an exceptionally high frequency among kindergarten teachers. There is little research on MSDs among private kindergarten teachers in Mersing. Research concentrates on MSDs and ergonomic risk factors among primary and secondary school teachers. This study aims to determine the prevalence of musculoskeletal disorders and ergonomic risk factors among private kindergarten teachers in Mersing. Utilizing adapted SNMQs, information was gathered. In this study, 41 private kindergarten teachers participated. The findings indicate that the shoulder was the most affected location of the body during the past 12 months, with 87.7%, followed by the lower back, with 70.7% over the preceding week. The most significant ergonomic risk factors for body parts (shoulder, elbow, hands, lower back, thigh, and legs) were repeated motion, use of energy to push, pull, and lift in uncomfortable positions, usage of instruments weighing more than 5kg, and wrist flexion or extension. Musculoskeletal disorders were significantly prevalent among private kindergarten teachers in Mersing. Suppose no action is taken to lower the incidence of MSDs among private kindergarten teachers in Mersing. In that case, they are likely to have a higher prevalence of MSDs than is now the case due to ergonomic solid risk factors.

Keywords: Musculoskeletal disorders (MSDs), risk factors, prevalence, private kindergarten, kindergarten teachers

CHAPTER 1

INTRODUCTION

1.1 Background of study

Teachers teach children mindfulness, especially in their earliest years. Kindergarten teachers prepare children for further education and work, enhancing their education. They teach youngsters, apart from their parents, and are their primary source of information and values (Mesaria and Jaiswal, 2015). Teachers have many responsibilities, but they also do a lot of physically taxing work. Teachers employ their physical, cognitive, and emotional skills in poor conditions to achieve their goals.

Poor teaching and communication posture puts teachers at risk for Musculoskeletal Disorders (MSDs), which affects low work quality. Teachers have a higher musculoskeletal problem risk than other occupations (Cardoso et al., 2009). Teachers plan lessons, grade students' work, and participate in many school events. Teachers can develop mental and physical health issues due to their varied job duties (Chong and Chan, 2010). Teachers are at risk of musculoskeletal disorders, even if schools are the best location to work. Kindergarten teachers' musculoskeletal disorders may be understudied. Musculoskeletal Disorders are associated with teaching (Mohseni-Bandpei et al., 2014).