

UNIVERSITI TEKNOLOGI MARA

**RISK FACTORS FOR LOW BACK PAIN IN
HEALTHY SCHOOL CHILDREN**

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**Project submitted in fulfilment of the requirements
for the degree of**

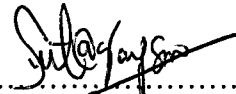
**Bachelor (Hons.) Of Environmental Health And
Safety
Faculty of Health Sciences**

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DECLARATION BY STUDENT

Project entitled “Risk factors for low back pain in healthy school children” is a presentation of my original research work. Wherever contributions of others are involved, every effort is made to indicate this clearly, with due reference to the literature, and acknowledgement of collaborative research and discussions. The project was done under the guidance of Mr. Abdul Mujid Bin Abdullah as Project Supervisor. 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

Risk Factors for Low Back Pain in Healthy School Children

Introduction: Low back pain among primary school children has been reported by several literatures due to backpack carriage. The purpose of this study was to investigate the personal, mechanical and psychosocial risk factor that contributes to low back pain among primary school children in Puncak Alam. **Methodology:** A cross – sectional study was conducted among 74 primary school children aged 10 years old (Year 4) and 11 years old (Year 5). The selection of the samples was based on simple random sampling and volunteered basis. A weighing scale and height meter were used to measure weight and height while Modified Nordic questionnaire was used to identify prevalence and symptom of low back pain. In addition, the International Physical Activity Questionnaire was used to identify physical activities of school children and lastly, psychosocial factors were assessed by using Strength and Difficulties Questionnaire which covered young people's behaviour, emotions and relationships. **Result:** The personal factor (BMI) and mechanical factors (sport activities participation, housework activities, carrying the school bag weight more than 10 % of body weight) were significant association with low back pain, p – value < 0.01 . The psychosocial factor shows strong association with low back pain due to all categories in psychosocial (emotional problem, conduct problem, hyperactivity, peer problem, prosocial problem) were significantly associated with low back pain, p – value < 0.05 . **Conclusion:** Psychosocial factor is the most contributing factor compared to personal and mechanical factors due to significant association with all categories and low back pain.

Keywords: Low back pain, body mass index, physical activity, school bag weight, psychosocial