

**SURVEY OF MUSCULOSKELETAL DISORDER(MSD) AMONG
PEOPLE IN KOTA SETAR**

ASYRAF IKHMAL BIN ZULKIFLI

**Final Year Project Report Submitted in
Partial Fulfillment of the Requirement for the
Degree of Bachelor of Science (Hons.) Furniture Technology
in the Faculty of Applied Sciences
Universiti Teknologi MARA**

JANUARY 2013

ACKNOWLEDGEMENT

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

This research project would not have been possible without the support of many people. First of all, I would like to thank Allah The Almighty for the blessing and

strength rendered to me to complete my thesis on Musculoskeletal disorder problem among people in Kota Setar.

To my supervisor, Mdm Norhafizah binti Rosman whose willingness to contribute her knowledge, time and effort until I have completed my final project as well as for guiding, reading and offering useful comment as the project goes on. I could not imagine having a better mentor for my thesis.

Besides my supervisor, I would also like to express my sincere appreciation and thousands of thanks to my language coordinator, Miss Nurus Syahidah binti Tahreb for her guidance, advises and constructive criticism that has helped me improved this thesis.

Moreover, a lot of thanks should be given to all lecturers and staffs in the Department of Furniture Industry Universiti Teknologi MARA especially Associate Prof. Dr. Wan Mohd Nazri Bin Wan Abdul Rahman for his brilliant comments during the oral presentation. Then, my deepest appreciation goes to Prof. Dr. Jamaludin Kasim for giving me a lot of assistance during the proposal part.

I would like to thank all my friends for giving me full cooperation physically or mentally in order to make this project paper possible. Without them, this paper will never be easier and able to finish on time.

Lastly, my special gratitude goes to my beloved parents, Mr Zulkifli bin Hashim and Mrs Fadzilah binti Saad for their endless support throughout my study in terms of money, guidance and moral supports. Not to forget, my little sister, Ashifa Shahira binti Zulkifli who help to collect information about this study. Again, thank you so much to those that I mentioned earlier and who involved in this final project. I will never forget all of their good deeds for the rest of my life.

TABLE OF CONTENTS

	Page
ACKNOWLEDGEMENTS	iii
TABLE OF CONTENTS	iv
LIST OF TABLES	vi
LIST OF ABBREVIATIONS	vii
ABSTRACT	viii
ABSTRAK	ix
CHAPTER 1 INTRODUCTION	
1.1 Background of study	1
1.2 Problem statement	2
1.3 Justification	3
1.4 Limitations	3
1.5 Objective	3
CHAPTER 2 LITERATURE REVIEW	
2.1 Musculoskeletal Disorder (MSDs)	4
2.2 Posture	6
2.3 Back pain	9
2.4 Neck pain	9
2.5 Solutions	9
2.6 Problems	11
CHAPTER 3 METHODOLOGY	
3.1 Introduction	13
3.2 Location of study	13
3.3 Conceptual Framework	14
3.4 Ways of evaluate data	15
3.5 Participant	16
CHAPTER 4 RESULTS AND DISCUSSION	
4.1 Introduction	18
4.2 Patient of Musculoskeletal disorder problem	18
4.3 Number of data collected	19

4.3.1	Range of data age group	21
4.4	Comparison between spine and cervical pain	21
	4.4.1 Surgery for MSDs patient	23
4.5	Main cause that contribute to MSD problems	24
4.6	Ways to reduce MSDs	26
	4.6.1 Overcome back pain problem	27
	4.6.2 Neck pain	29
4.7	Summary	30

CHAPTER 5 CONCLUSION AND RECOMMENDATIONS

5.1	Conclusion	31
5.2	Recommendation	32

CITED REFERENCES	33
APPENDICES	35
CURRICULUM VITAE	39

ABSTRACT

SURVEY OF MUSCULOSKELETAL DISORDER (MSDs) AMONG PEOPLE ON KOTA SETAR

Musculoskeletal disorder (MSDs) can affect the body's muscles, joints, tendons and ligament and nerve. Most of MSDs are caused by it or by the working environment. People seem not to care about the importance of ergonomics in their daily life. Furniture manufacture and employee didn't care about the posture in their working tasks. The survey is concentrated to MSDs that related to posture. Its objective are to compare the latest number of MSDs patient in Kota Setar and compare between back pain and neck pain problem. The target location is at Kota Setar, Kedah. The data collected has shown the latest number of MSDs disorder that is 30876 patients and back pain have the highest prevalence of patient that is 188 patients that went for a surgery. The latest number of spinal patients in 2011 is 2342 patients. Furthermore, ways to prevent MSDs problem has been applied but only several responsible people applied in Kota Setar. In addition, people that responsible in distributing the information about ergonomic is not efficient. So, further research is needed to help in maximize the distributing of information. So, the number of MSDs disorder can be reduced and healthy lifestyle can applied by the people.