

Prevalence of musculoskeletal disorder among office workers in Lembaga Tabung Haji Kuala Lumpur

ABSTRACT

Background: Musculoskeletal disorders (MSDs) are considered an important occupational health problem with consequences for workers, employers, and society. Musculoskeletal diseases (MSDs) are on the rise in Malaysia as the country moves towards industrialization coupled with the rising average age of workers. Staffs working in Lembaga Tabung Haji (LTH) are considered as office workers and play roles either in the administration or support system and high accident reported under the public administration and defence/compulsory social security compared to manufacturing. Disease of the musculoskeletal system and connective tissue were the second top cause from 45 lists of diseases for invalidity scheme under SOCSO.

Objective: The objective of this study is to determine the prevalence of musculoskeletal disorders among office workers in Lembaga Tabung Haji Kuala Lumpur.

Materials and Methods: A cross-sectional study was carried out among 393 office workers who are working at the Lembaga Tabung Haji during the duration of the study. Sampling was conducted using universal sampling from the name lists obtained from the headquarters. A pre-tested self-administered questionnaire was used to collect data on socio-demographic factors, individual factors, occupational characteristics, work physical factors and psychosocial factors. Data were analysed using SPSS version 22.

Results: The prevalence of musculoskeletal disorders among office workers was 82.3%. The results found that the highest prevalence of MSDs for the last twelve months was on the shoulder (68.1%), followed by neck (63.8%), lower back (56.0%), upper back (54.3%), knee (39.7%), wrist/hand (30.6%), hip (24.6%), ankle (22.0%), and elbow (15.5%). Shoulder (25.4%), upper back (22.4%), lower back (20.3%) and neck (18.5%) were identified as body parts which restricted the respondents' activities in the past 12 months.

Conclusion: In conclusion, the office workers at LTH are exposed to the risk of musculoskeletal disorders especially on the upper limbs proved by the high prevalence of MSDs. The study provides insight in developing the ergonomic intervention module in reducing the musculoskeletal disorders among office workers.

Keywords: Prevalence; Musculoskeletal disorders; Office workers