

## **PREVALENCE OF BACK PAIN AND RISK FACTORS AMONG BUS DRIVERS IN KELANTAN DARUL NAIM, 1995**

### ***PREVALENS SAKIT BELAKANG DAN FAKTOR RISIKO DI KALANGAN PEMANDU BAS DI KELANTAN DARUL NAIM, 1995***

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#### **ABSTRACT**

A cross sectional study was conducted to determine the prevalence of back pain among the bus drivers and office workers in a Bus company in Kelantan for the year 1994. A total of 321 employees from 350 employees were interviewed. This includes 241 bus drivers and 80 office workers who were interviewed With the use of questionnaire. From this study the prevalence of back pain among the express bus drivers was 50.8%, short distance bus driver was 60.8% and among office worker was 41.3%. For the three groups most back pain was mild (64.3%, 39.8% and 87.0%, respectively). Moderate back pain occurred in 28.6% of express bus drivers, 39.8% of short distance bus drivers and 12.1% of office workers. The prevalence of severe back pain was found to be more in short distance bus drivers (20.5%) compared with express bus drivers and office workers (20.5%, 7.1% and 0.0%, respectively). All three groups most subjects had low back pain (42.9%, 25.3% and 48.5%, respectively). However majority of short distance bus drivers were found to experience low back pain, neck pain and mid back pain together (32.2%). The prevalence of back pain among bus drivers was significantly associated with an uncomfortable seat ( $X^2=23.3$  d.f=2,  $p<0.05$ ). The mean duration of time spent driving per day was significantly different for drivers with back pain as compared to drivers without back pain ( $9.1 \pm 2.9$  hours as compared to  $8.3 \pm 1.8$ ). There was a significant association between prevalence of back pain and time spent on driving ( $X^2=7.1$  d.f =2,  $P<0.05$ ). The mean distance of driving for drivers with back pain was not statistically different ( $p >0.05$ ) as compared to drivers without back pain ( $302.0 \pm 133.4$  km as compared to  $277.7 \pm 136.0$  km).

#### **ABSTRAK**

*Satu kajian irisan lintang telah dilakukan untuk menentukan prevalens sakit belakang di kalangan pemandu bas dan pekerja pejabat. Syarikat .Bas di Kelantan sepanjang tahun 1994. Seramai 321 pekerja dari 350 pekerja telah ditemuduga. Ianya terdiri dari 241 pemandu bas dan 80 orang pekerja pejabat. yang telah ditemudugakan dengan menggunakan borang soal selidik. Dari kajian ini didapati prevalens sakit belakang di kalangan pemandu bas ekspres adalah 53.8% ,bas jarak dekat adalah 60.8% dan pekerja pejabat adalah 41.3%. Sakit belakang yang kurang teruk (mild) dialami oleh kebanyakan responden, dimana di kalangan pemandu bas ekspres adalah 64.3%, pemandu bas jarak dekat adalah 39.8% dan pekerja pejabat adalah 87.0%. Untuk sakit yang sederhana (moderate) pula didapati 28.6% terdiri dari pemandu bas ekspres, 39.8% pemandu bas jarak dekat dan 12.1% dari pejabat. Manakala sakit yang teruk didapati tinggi di kalangan pemandu bas jarak dekat 20.5% berbanding dengan pemandu bas ekspres dan pekerja pejabat masing masing 20.5% dan 0.0%. Kebanyakan responden mempunyai sakit belakang pinggang (42.9%,25.3% dan 48.5% masing2). Tetapi majoriti dari pemandu bas jarak dekat mempunyai ,sakit belakang di ketiga-tiga bahagian iaitu 32.5%. Prevalen sakit belakang di kalangan pemandu bas di dapati mempunyai hubungan bermakna dengan ketidakselesaan terapat duduk ( $X^2=23.3$ , df=2,  $P=<0.05$ ). Min masa memandu setiap hari bagi pemandu yang ada sakit belakang adalah lebih besar dibandingkan ( $t=9.2$  , $p<0.05$ ) dengan min masa pemandu bagi pemandu yang tidak sakit belakang ( $9.1 \pm 2.9$  jam berbanding dengan  $8.3 \pm 1.8$  jam). Prevalen sakit belakang didapati mempunyai hubungan yang bermakna dengan lama masa pemandu ( $X^2=7.1$ , d.f =2  $p=<0.05$ ).Min jarak pemandu bagi pemandu yang ada sakit belakang didapati secara statistik tidak ada perbezaan bermakna ( $p>0.05$ ) berbanding dengan pemandu yang tidak sakit belakang ( $302 \pm 133.4$  km berbanding dengan  $277.7 \pm 136.0$  km).*