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Scientific Abstract

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Correlates of Coping Among Filipino Migrant Workers in Malaysia with Musculoskeletal Pain

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Background & Purpose: Musculoskeletal pain is associated with anxiety and depression which is correlated with severe pain behavior. Therefore, this study aims to determine the factors related with coping among Filipino migrant workers in Malaysia with musculoskeletal pain.

Materials and Method: This study utilized a quantitative, non-experimental, correlational research design. A total of 90 subjects were randomly selected who were asked to answer Nordic Musculoskeletal Questionnaire (NMQ) to determine various regions in the body having musculoskeletal pain. Coping Strategies Questionnaire (CSQ) - 24 was used to gather the subject's coping strategies and overall coping.

Results: Filipino migrant workers mostly complain of pain in the Shoulders (63.3%) and Low Back region (55.6%) in the last 12 months. Majority of the subjects use strategies such as Diversion (51.26 ± 27.44) and Cognitive Coping (48.92 ± 30.40), with moderate overall Coping Score (57.22 ± 21.93). A statistically significant strong positive correlation is noted between Cognitive Coping Strategy ($r=0.704$, $p\text{-value}=0.000$) and Diversion Strategy ($r=0.654$, $p\text{-value}=0.000$) to Overall Coping Score.

Conclusions: Results imply that there is high prevalence of shoulder and lower back pain in the last 12 months. Those who utilized Diversion and Cognitive Coping strategies have better coping over pain. Interventions focusing on positive coping and education about early recognition of musculoskeletal disorders is recommended. Further studies should consider psychosocial aspects pain among migrant workers.