

## **PERBANDINGAN SIMPTOM VOKAL DI ANTARA GURU DAN BUKAN GURU**

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Penyelidikan ini bertujuan menyelidik perbezaan ciri-ciri gejala vokal antara para guru dengan bukan guru. Tujuan khusus kajian ini adalah membandingkan perbezaan secara keseluruhan dan setiap gejala vokal antara guru dan bukan guru. Ini adalah kajian *cross-sectional* perbandingan yang melibatkan 165 peserta yang direkrut secara *convenience sampling* dari sekolah rendah dan sekolah menengah yang dipilih di sekitar Kota Bharu, Kelantan. Peserta dibahagi kepada dua kumpulan iaitu kumpulan guru (90 guru) dan kumpulan bukan guru (66 staf bukan pengajar). Pengumpulan data melibatkan pengedaran *questionnaires* tentang gejala vokal yang dihasilkan secara khusus dengan tujuan mengukur frekuensi dan gejala vokal yang dialami oleh peserta dalam kumpulan masing-masing. Nilai-nilai yang diperolehi dari *questionnaires* dibandingkan antara kumpulan guru dan kumpulan bukan guru untuk menyiasat perbezaan antara kedua-dua kumpulan. Keputusan kajian menunjukkan bahawa ada perbezaan yang signifikan antara frekuensi gejala vokal keseluruhan dan frekuensi dari setiap gejala vokal antara kumpulan guru dan kumpulan bukan guru. Kumpulan guru didapati lebih dua kali ganda cenderung untuk mengalami gejala vokal berbanding dengan kumpulan bukan guru. Kumpulan guru juga lebih kerap mengalami setiap gejala vokal dari kumpulan bukan guru. Penemuan daripada kajian ini menunjukkan bahawa para guru memang mengalami gejala vokal lebih kerap berbanding dengan bukan guru. Hal ini mungkin disebabkan oleh keperluan profesyen mereka yang memerlukan penggunaan suara yang lebih banyak secara langsung mendedahkan mereka kepada risiko tinggi untuk mendapat gejala vokal. Penemuan daripada kajian ini dapat memberikan maklumat tentang sifat gejala vokal antara guru-guru di Malaysia. Maklumat ini dapat membantu perkembangan program saringan awal, program pencegahan dan program intervensi seumpama yang telah dipraktikkan di beberapa negara lain seperti Amerika Syarikat dan Australia. Program-program ini dapat mencegah perkembangan gangguan suara antara para guru dan seterusnya mengurangkan implikasi gangguan suara pada prestasi guru, prestasi akademik pelajar dan kewangan kerajaan.

**Kata kunci:** guru, bukan guru, gejala vokal, frekuensi, gangguan suara.

### **COMPARISON OF VOCAL SYMPTOMS BETWEEN TEACHERS AND NON-TEACHERS**

The present study aims to investigate characteristics of vocal symptoms among teachers in comparison with non-teachers. Specifically, the objectives are to

compare the differences in overall and each vocal symptom between teachers and non-teachers. This is a comparative cross-sectional study that involved 165 participants who were recruited through convenience sampling from the selected primary and secondary schools in Kota Bharu, Kelantan. The participants were divided into two groups i.e. teachers group (90 teachers) and non-teachers group (66 non-teaching staffs). Data collection involved administration of specifically-developed vocal symptom questionnaire to measure the frequency and vocal symptoms experienced by participants in each group. The values of the questionnaires were compared between the teachers group and non-teachers group to investigate whether there were differences between the two groups. The results indicated that there were significant differences between the frequency of overall vocal symptoms and frequency of each vocal symptom between teachers group and non-teachers group. Teachers group was found more than twice to experience vocal symptoms compared to non-teachers group. Similarly, teachers group were more frequently experiencing each vocal symptom than non-teachers group. The findings from the present study showed that teachers are indeed experiencing more frequent vocal symptoms compared to non-teachers. This is probably due to the nature of their profession that put higher demand on the voice usage which in expose them to high risk of developing vocal symptoms. The findings from present study may provide information on the nature of vocal symptoms among teachers in Malaysia. This info may help to facilitate the development of early screening, prevention and intervention programs that have been practiced in several other countries such as United States of America and Australia. These programs may prevent the development of voice disorders among teachers which in turn will reduce the implication of voice disorders on teachers' performance, students' academic performance and government's financial.

**Key words:** teachers, non-teachers, vocal symptom, frequency, voice disorders.

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