

HUBUNGAN LAMA KERJA DENGAN KELUHAN CARPAL TUNNEL SYNDROME PADA PENGENDARA OJEK ONLINE DI KABUPATEN SUMEDANG

Rosaliya Fatmayanti

Abstrak

Pendahuluan: *Carpal tunnel syndrome* berlangsung ketika nervus medianus tertekan. Kejadian ini dapat meningkat jika ada faktor risiko seperti jam kerja yang panjang, gerakan berulang, postur canggung, dan getaran di pergelangan tangan. Angkutan ojek *online* saat ini semakin meningkat, jika pekerjaan berlangsung lama maka kemampuan tubuh akan menurun dan dapat menimbulkan rasa sakit seperti *Carpal tunnel syndrome*. **Metode:** Analisis observasional dengan studi kasus *cross-sectional*, menggunakan kuesioner modifikasi *boston carpal tunnel* versi bahasa Indonesia menggunakan teknik *purposive sampling*. **Hasil:** Data analisis univariat tabel uji *Chi square* menunjukkan bahwa ada hubungan yang bermakna antara lama kerja dengan keluhan *carpal tunnel syndrome* pada pengemudi ojek *online* di Sumedang ($p = 0,001$). **Diskusi:** Bahwa lama kerja dengan keluhan *carpal tunnel syndrome* memiliki hubungan yang bermakna. Semakin tinggi lama kerja semakin tinggi juga gejala *Carpal tunnel syndrome*.

Kata Kunci: *Carpal tunnel syndrome*, Lama Kerja, Pengendara ojek *online*

THE RELATIONSHIP OF LONG WORK WITH COMPLAINTS OF CARPAL TUNNEL SYNDROME ON OJEK ONLINE DRIVERS IN SUMEDANG

Rosaliya Fatmayanti

Abstract

Introduction: Carpal tunnel syndrome occurs when the median nerve is compressed. This event can increase if there are risk factors like long working hours, repetitive movements, awkward postures and vibrations within the wrist. online motorcycle taxi transportation is currently increasing, if the work lasts an extended time, the body's ability will decrease and it can cause pain like carpal tunnel syndrome. **Method:** Observational analysis with a cross-sectional case study, employing a modified boston carpal tunnel questionnaire Indonesian version using purposive sampling technique. **Result:** The univariate analysis data of the Chi square test table showed that there was a big relationship between long working and complaints of carpal tunnel syndrome in online motorcycle taxi drivers in Sumedang ($p = 0.001$). **Discussion:** during work and complaints of carpal tunnel syndrome have is a significant relationship. The higher the duration of work, the higher the symptoms of carpal tunnel syndrome.

Keyword: Carpal tunnel syndrome, Long Work, Ojek Online Driver.