

GAMBARAN RESIKO TERJADINYA *CARPAL TUNNEL SYNDROME* PADA PEKERJA KANTOR PT. TIRTA INVESTAMA (AQUA)

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Abstrak

Latar Belakang : Pada tahun 2010 dengan sejumlah 260.000 kiat carpal tunnel tiap tahun nya yaitu dengan terbentuk 47% dipicu oleh pekerjaan. Rentan kejadian Carpal Tunnel Syndrome (CTS) pada populasi seluruh dunia yaitu antara 2,7% - 5,8%, lalu dengan adanya pandemik, kegiatan bekerja di kantor dikurangi dan dipindai menjadi Work From Home. Oleh karena itu dengan banyak nya penggunaan laptop, pada era pandemik peningkatan serta waktu pemakaian laptop melunjak tajam di dalam dunia Pendidikan dan perkantoran. Dengan adanya pandemik covid-19 penyakit Carpal Tunnel Syndrome terus meningkat akibat keaktifan mengetik terlalu lama, memegang mouse terlalu lama, dan faktor resiko pada postur janggal. **Tujuan Penelitian :** Untuk mengetahui gambaran resiko terjadinya Carpal Tunnel Syndrome pada pekerja kantor PT. Tirta Investama (Aqua). **Metode :** Penelitian ini memakai uji univariat dengan sampel yang diambil 52 pekerja. **Kesimpulan :** Adanya Resiko(CTS) Dari Pekerja Kantor PT. Tirta Investama (Aqua).

Kata Kunci : Carpal Tunnel Syndrome, Resiko Carpal Tunnel Syndrome, Pekerja, PT. Tirta Investama, CTS

THE RISK IMAGE OF CARPAL TUNNEL SYNDROME IN THE OFFICE WORKER PT.TIRTA INVESTAMA (AQUA)

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Abstract

Background: In 2010 people who indicated Carpal Tunnel Syndrome (CTS), have been 260,000 and 47% were formed to work. However, the incidence of CTS in worldwide is between 2.7% - 5.8%. For this moment pandemic has decreased activity in work activity on office into Work From Home (WFH). Therefore, with the large use of laptops, in the pandemic era, the increase and laptop usage time has dropped sharply in the world of education and offices. With the COVID-19 pandemic, Carpal Tunnel Syndrome continues to increase due to active typing for too long, holding the mouse for too long, and risk factors in awkward postures. **Research Objectives:** To determine the risk picture of Carpal Tunnel Syndrome office workers in PT.Tirta Investama (Aqua). **Method :** This research used univariat test. The amount of sample was 52 worker. **Conclusion :** This conclusion showed that people who worked in PT.Tirta Investama (Aqua) had been risk for Carpal Tunnel Syndrome

Keyword: Carpal Tunnel Syndrome, Carpal Tunnel Syndrome Risk, Worker, Pt. Tirta investama, CTS