

# HUBUNGAN PERILAKU BERMAIN GAME ONLINE DENGAN KEJADIAN CARPAL TUNNEL SYNDROME PADA REMAJA DI WARNET KECAMATAN CIMANGGIS KOTA DEPOK

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## **Abstrak**

Bermain *game online* sangat diminati oleh kalangan remaja awal, menengah, dan akhir. Tingginya minat bermain *game online* membuat intensitas bermain *game online* bertambah. Hal ini menyebabkan terjadinya pergerakan pergelangan tangan yang terus menerus dan berulang-ulang pada saat bermain *game online*. Penelitian ini bertujuan untuk menganalisis hubungan perilaku bermain *game online* dengan kejadian *carpal tunnel syndrome* pada remaja di warnet Kecamatan Cimanggis, Kota Depok. Metode penelitian ini menggunakan desain penelitian analitik dengan pendekatan *cross sectional* dan sampel ditentukan melalui metode *total sampling* dengan jumlah 40 sampel. Hasil penelitian dengan uji statistik menunjukkan bahwa terdapat hubungan yang signifikan antara perilaku bermain *game online* dengan kejadian *carpal tunnel syndrome* di peroleh p value sebesar 0,01 ( $P \text{ Value} < 0,05$ ). Saran bagi orang tua agar membuat peraturan dan jadwal bermain untuk anaknya serta memberikan arahan dengan menjelaskan efek negatif yang terjadi bila bermain *game online* terlalu lama.

**Kata Kunci:** *Carpal Tunnel Syndrome, Game Online, Perilaku, Remaja*

# **RELATIONSHIP BEHAVIOUR OF PLAYING ONLIN GAMES WITH THE EVENT OF CARPAL TUNNEL SYNDROME OF TEENAGES IN WARNET KECAMATAN CIMANGGIS DEPOK CITY**

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## **Abstract**

Playing online games is in great demand by adolescents beginning, middle, and end. The high interest in playing online games make playing online games increased intensity. This leads to the movement of the wrist continuously and repeatedly when playing games online. This study aimed to analyze the relationship between the behavior of online gaming with the incidence of carpal tunnel syndrome in adolescents in the District internet cafe Cimanggis, Depok. This research method use with analytical research with the cross-sectional approach and the sample is determined by total sampling method with the number of 40 samples. Results of research by statistical test shows that there is a significant correlation between the behavior of online gaming with the incidence of carpal tunnel syndrome was obtained p value of 0.01 (P Value <0.05). Suggestions for parents to make regulations and play schedules for their children and provide direction by explaining the negative effects that occur when playing online games for too long.

**Keywords:** Behavior, Carpal Tunnel Syndrome, Games Online, Teenager