

# HUBUNGAN DURASI BERKENDARA SEPEDA MOTOR DENGAN RISIKO MENGALAMI GEJALA *CARPAL TUNNEL SYNDROME*

**Zahra Aulia Ramadhan**

## **Abstrak**

Penggunaan sepeda motor terutama di kalangan mahasiswa dalam rentang waktu yang cukup lama seringkali dikaitkan dengan gangguan muskuloskeletal. Gangguan muskuloskeletal yang disebabkan oleh durasi berkendara yang cukup lama salah satunya ialah *carpal tunnel syndrome* (CTS). *Carpal tunnel syndrome* merupakan sekumpulan gejala dan tanda yang diakibatkan penekanan saraf median pergelangan tangan tepatnya di terowongan karpal. Penelitian ini bertujuan untuk mengetahui apakah terdapat hubungan durasi berkendara sepeda motor dengan risiko mengalami gejala *carpal tunnel syndrome* pada mahasiswa. Penelitian korelasi dengan metode *cross sectional* digunakan sebagai langkah kerjapenelitian. Data dikumpulkan dengan menggunakan kuesioner durasi berkendara dan risiko mengalami gejala *carpal tunnel syndrome* yang telah diuji validitas dan reabilitasnya. Sampel penelitian ialah mahasiswa Fakultas Ilmu Kesehatan UPN “Veteran” Jakarta yang berjumlah 220 orang yang diambil berdasarkan kriteria inklusi dan dihitung menggunakan rumus slovin. Analisa data yang digunakan yaitu univariat dan bivariat. Hasil penelitian ini menunjukkan adanya hubungan yang signifikan antara durasi berkendara sepeda motor dengan risiko mengalami gejala *carpal tunnel syndrome* dengan  $p\text{-value} < 0,05$ . Kesimpulan dalam penelitian ini semakin berat durasi berkendara sepeda motor maka semakin tinggi pula risiko terkena gejala *carpal tunnel syndrome* pada mahasiswa. Disarankan untuk melakukan *stretching* pada pergelangan tangan paling tidak lima menit, sebelum ataupun sesudah mengendarai motor dengan durasi yang lama.

**Kata Kunci :** *Carpal tunnel syndrome*; Durasi; Sepeda Motor; Mahasiswa

# **THE RELATIONSHIP BETWEEN DURATION OF MOTORCYCLE DRIVING WITH THE RISK OF EXPERIENCE SYMPTOMS OF CARPAL TUNNEL SYNDROME**

**Zahra Aulia Ramadhan**

## **Abstract**

The use of motorbikes, especially among university students, for a long period of time is often associated with musculoskeletal disorders. One of the musculoskeletal disorders caused by long driving duration is carpal tunnel syndrome (CTS). Carpal tunnel syndrome is a collection of symptoms and signs caused by compression of the median nerve in the wrist, precisely in the carpal tunnel. This study aims to determine whether there is a relationship between the duration of motorbike riding and the risk of experiencing carpal tunnel syndrome symptoms in college students. Correlation research with cross sectional method is used as a research work step. Data was collected using a questionnaire on driving duration and the risk of experiencing carpal tunnel syndrome symptoms which had been tested for validity and reliability. The research sample was 220 students of the Faculty of Health Sciences UPN "Veteran" Jakarta who were taken based on inclusion criteria and calculated using the slovin formula. The data analysis used is univariate and bivariate. The results of this study indicate that there is a significant relationship between the duration of motorcycle riding and the risk of experiencing carpal tunnel syndrome symptoms with a p-value <0.05. The conclusion in this study the heavier the duration of riding a motorcycle, the higher the risk of developing carpal tunnel syndrome symptoms in college students. It is recommended to stretch your wrists for at least five minutes, before or after riding a motorbike for a long time.

**Keyword :** Carpal tunnel syndrome; Duration; Motorcycle; Relationship; Colleger