FAKULTAS KEDOKTERAN
UNIVERSITAS PEMBANGUNAN NASIONAL VETERAN JAKARTA

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Sahnaz Natasya Chairunnisa, No. NRP 2110211009

HUBUNGAN POSISI LENGAN, GERAKAN REPETITIF, MASA KERJA, DAN LAMA KERJA DENGAN GEJALA SINDROM TEROWONGAN KARPAL PADA PEGAWAI PENGGUNA KOMPUTER DI WILAYAH KABUPATEN BOYOLALI

RINCIAN HALAMAN (xiii + 64 halaman, 12 tabel, 7 gambar, 4 lampiran)

ABSTRAK

Tujuan
Sindrom Terowongan Karpal (STK) menjadi alasan utama terkait absen pekerjaan yang berhubungan dengan tangan. Faktor risiko STK yang berhubungan dengan pekerjaan adalah gerakan repetitif, posisi lengan, masa kerja, dan lama kerja. Namun, masih terdapat perbedaan kesimpulan terkait faktor risiko di beberapa penelitian. Tujuan penelitian ini adalah ingin mengetahui hubungan antara posisi lengan, gerakan repetitif, lama kerja dan masa kerja dengan gejala STK pegawai pengguna komputer di Kabupaten Boyolali.
Metodologi
Penelitian ini menggunakan uji bivariat dengan metode *Chi-square* dan uji multivariat dengan metode regresi logistik *backward LR* dengan jumlah sampel 50 orang.
Hasil
Terdapat 28 responden (56%) memiliki posisi lengan yang tidak ergonomis, 22 responden (44%) melakukan gerakan repetitif, 40 responden (80%) dengan masa kerja ≥4 tahun, 39 responden (78%) menggunakan komputer ≥4 jam per hari, dan 19 responden (38%) memiliki gejala STK. Terdapat hubungan signifikan antara posisi lengan (*P-value* 0,033) dan gerakan repetitif (*P-value* <0,001) terhadap gejala STK. Namun, tidak ada hubungan signifikan antara masa kerja (*P-value* 0,282) dan lama kerja (*P-value* 0,489) terhadap gejala STK. Gerakan repetitif (OR 69,434) dan posisi lengan (OR 12,248) menjadi faktor dominan terhadap gejala STK.
Kesimpulan
Melakukan gerakan repetitif dan posisi lengan yang tidak ergonomis saat menggunakan komputer dapat meningkatkan kejadian Sindrom Terowongan Karpal (STK).

Daftar Pustaka : 100 (2019-2024)
Kata kunci : STK, posisi lengan, gerakan repetitif, masa kerja, lama kerja.

FACULTY OF MEDICINE
UNIVERSITAS PEMBANGUNAN NASIONAL VETERAN JAKARTA

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Sahnaz Natasya Charunnisa, no. NRP 2110211009

THE RELATIONSHIP BETWEEN ARM POSITION, REPETITIVE MOVEMENTS, WORKING PERIOD, AND LENGTH OF WORK WITH SYMPTOMS OF CARPAL TUNNEL SYNDROME IN EMPLOYEES WHO USE COMPUTERS IN BOYOLALI REGENCY

PAGE DETAILS (xiii + 64 pages, 12 tables, 7 figures, 4 appendices)

ABSTRACT

Purpose
Carpal Tunnel Syndrome (CTS) is the main reason related to absenteeism from work related to hands. Risk factors for STK related to work are repetitive movements, arm position, length of work, and length of work. However, there are still differences in conclusions regarding risk factors in some studies. The purpose of this study is to find out the relationship between arm position, repetitive movements, length of work and length of service with STK symptoms of computer users in Boyolali Regency.
Methodology
This study use a bivariate test with the Chi-square and multivariate test with the LR backward logistic regression method with a total sample size of 50 participants.
Result
There were 28 respondents (56%) who had an unergonomic arm position, 22 respondents (44%) who performed repetitive movements, 40 respondents (80%) who had worked ≥4 years, 39 respondents (78%) who used a computer ≥4 hours per day, and 19 respondents (38%) who had STK symptoms. There was a significant relationship between arm position (P-value 0.033) and repetitive movement (P-value <0.001) on STK symptoms. However, there was no significant relationship between working period (P-value 0.282) and length of work (P-value 0.489) on STK symptoms. Repetitive movement (OR 69.434) and arm position (OR 12.248) is the dominant factor in STK symptoms.
Conclusion
Doing repetitive movements and unergonomic arm positions while using a computer can increase the incidence of Carpal Tunnel Syndrome (CTS). .

Bibliography *: 100 (2019-2024)*
Keywords *: STK, arm position, repetitive movement, working period, length of work*