

HUBUNGAN SKALA KECANDUAN *SMARTPHONE* DENGAN RISIKO TERJADINYA *CARPAL TUNNEL* *SYNDROME* PADA SISWA SMA MUHAMMADIYAH 4 DEPOK

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Abstrak

Latar belakang: Remaja merupakan individu berusia 10–19 tahun. Pada tahap ini, remaja mulai memandang dirinya setara dengan orang dewasa serta memiliki tingkat responsivitas yang tinggi terhadap kemajuan teknologi, khususnya penggunaan *smartphone*. Rendahnya kontrol diri menjadi salah satu faktor utama yang berperan dalam terjadinya kecanduan *smartphone* pada remaja. Kecanduan *smartphone* pada remaja diduga dapat berkontribusi terhadap munculnya peningkatan risiko terjadinya *Carpal Tunnel Syndrome* (CTS). Penggunaan gawai secara berlebihan dapat menimbulkan tekanan mekanis dan gerakan berulang pada pergelangan tangan serta jari, yang berpotensi memengaruhi fungsi saraf medianus. **Tujuan:** menganalisis hubungan antara tingkat kecanduan *smartphone* dengan risiko CTS pada siswa SMA Muhammadiyah 4 Depok. **Metode:** observasional analitik *cross-sectional* yang melibatkan 80 responden. Tingkat kecanduan *smartphone* diukur menggunakan *Smartphone Addiction Scale–Short Version* (SAS-SV), sedangkan risiko CTS dinilai melalui *Boston Carpal Tunnel Questionnaire* (BCTQ). Analisis data dilakukan menggunakan uji *Fisher's Exact*. **Hasil:** penelitian menunjukkan bahwa sebagian besar responden memiliki tingkat kecanduan *smartphone* tinggi sebesar 57,5% dan risiko CTS kategori ringan sebesar 61,3%. Uji statistik menghasilkan nilai $p = 0,885$ ($p > 0,05$), **Kesimpulan:** tidak terdapat hubungan signifikan antara kecanduan *smartphone* dan risiko CTS. Faktor lain seperti indeks massa tubuh dan usia diduga lebih berperan.

Kata Kunci: *Carpal Tunnel Syndrome*, Fisioterapi, Kecanduan *Smartphone*, Remaja

RELATIONSHIP BETWEEN SMARTPHONE ADDICTION AND THE RISK OF CARPAL TUNNEL SYNDROME IN STUDENTS OF SMA MUHAMMADIYAH 4 DEPOK

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Abstract

Background: Adolescents are individuals aged 10–19 years. At this stage, adolescents begin to perceive themselves as equal to adults and show a high level of responsiveness to technological advancements, particularly smartphone use. Low self-control is one of the main factors that plays a role in the occurrence of smartphone addiction among adolescents. Smartphone addiction in adolescents is suspected to contribute to the emergence of increased risk of Carpal Tunnel Syndrome (CTS). Excessive gadget use can cause mechanical pressure and repetitive movements of the wrist and fingers, which have the potential to affect median nerve function. **Objective:** To analyze the relationship between the level of smartphone addiction and the risk of CTS among students of SMA Muhammadiyah 4 Depok. **Methods:** An analytic observational cross-sectional study involving 80 respondents. The level of smartphone addiction was measured using the Smartphone Addiction Scale–Short Version (SAS-SV), while CTS risk was assessed using the Boston Carpal Tunnel Questionnaire (BCTQ). Data analysis was performed using Fisher’s Exact test. **Results:** The study showed that most respondents had a high level of smartphone addiction of 57.5% and a mild CTS risk category of 61.3%. Statistical testing produced a p-value of 0.885 ($p > 0.05$). **Conclusion:** There is no significant relationship between smartphone addiction and the risk of CTS. Other factors such as body mass index and age are suspected to play a more important role.

Keywords: Adolescent, Carpal Tunnel Syndrome, Physiotherapy. Smartphone Addiction,