

FAKTOR-FAKTOR YANG BERHUBUNGAN TERHADAP KELUHAN *CARPAL TUNNEL SYNDROME* (CTS) PADA PEKERJA NON MEDIS DI RSUD KHIDMAT SEHAT AFIAT TAHUN 2026

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Abstrak

Carpal Tunnel Syndrome (CTS) merupakan gangguan pada ekstremitas atas yang disebabkan oleh peningkatan tekanan terhadap nervus medianus di dalam terowongan karpal. Gangguan ini dapat ditandai dengan munculnya keluhan berupa nyeri, kesemutan, mati rasa, serta penurunan kemampuan menggenggam. Pekerja non medis di rumah sakit juga memiliki potensi mengalami CTS akibat aktivitas administratif dan penggunaan komputer yang melibatkan pergerakan tangan secara berulang dalam durasi kerja yang panjang. Penelitian ini bertujuan untuk menganalisis hubungan usia, jenis kelamin, masa kerja, gerakan repetitif, dan postur kerja dengan keluhan CTS pada pekerja non medis di RSUD Khidmat Sehat Afiat Kota Depok. Penelitian menggunakan desain *cross-sectional* dengan jumlah responden sebanyak 74 orang yang dipilih melalui teknik purposive sampling. Pengumpulan data dilakukan menggunakan *Boston Carpal Tunnel Questionnaire* (BCTQ), *stopwatch*, *finger counter*, dan *Rapid Upper Limb Assessment* (RULA). Analisis data menggunakan uji *Chi-Square*. Hasil penelitian menunjukkan adanya hubungan signifikan antara masa kerja ($p=0,001$), gerakan repetitif ($p=0,005$), dan postur kerja ($p<0,001$) dengan keluhan CTS. Sementara itu, usia dan jenis kelamin tidak menunjukkan hubungan yang bermakna.

Kata Kunci: *Carpal Tunnel Syndrome*, Gerakan Repetitif, Postur Kerja, Pekerja non Medis

***FACTORS ASSOCIATED WITH CARPAL TUNNEL SYNDROME
(CTS) COMPLAINTS AMONG NON-MEDICAL WORKERS AT
RSUD KHIDMAT SEHAT AFIAT IN 2026***

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Abstract

Carpal Tunnel Syndrome (CTS) is a disorder of the upper extremity caused by increased pressure on the median nerve within the carpal tunnel. This disorder can be marked by complaints such as pain, tingling, numbness, and reduced grip strength. Non-medical hospital workers are also prone to developing CTS due to administrative activities and computer use that involve repeated hand movements over long working hours. This study aimed to analyze the relationship between age, sex, length of service, repetitive movement, and working posture with CTS complaints among non-medical workers at Khidmat Sehat Afiat Regional Public Hospital, Depok City. The study employed a cross-sectional design with 74 respondents selected through purposive sampling. Data collection was carried out using the Boston Carpal Tunnel Questionnaire (BCTQ), a stopwatch, a finger counter, and the Rapid Upper Limb Assessment (RULA) method. Data analysis was performed using the Chi-Square test. The results showed a significant relationship between length of service ($p=0.001$), repetitive movement ($p=0.005$), and working posture ($p<0.001$) with CTS complaints. Meanwhile, age and sex showed no meaningful relationship.

Keywords: *Carpal Tunnel Syndrome, repetitive movements, work posture, non-medical workers*