

ABSTRAK

Paulina Bellen (01071200099)

HUBUNGAN ANTARA MASA KERJA DENGAN KEJADIAN SINDROM TEROWONGAN KARPAL PADA PASIEN DI RUMAH SAKIT UMUM SILOAM LIPPO VILLAGE

Latar belakang: Masa kerja merupakan salah satu pemicu gangguan muskuloskeletal akibat kerja. Proporsi *carpal tunnel syndrome* ditemukan pada pekerja dengan masa kerja lebih dari 4 tahun dibanding pada pekerja dengan masa kerja kurang dari 4 tahun. Pekerja yang memiliki masa kerja lebih dari 4 tahun memiliki risiko yang lebih besar untuk menderita *carpal tunnel syndrome*.

Tujuan penelitian: Mengetahui hubungan antara masa kerja dengan kejadian sindrom terowongan karpal pada pasien di Rumah Sakit Umum Siloam, *Lippo Village*

Metode penelitian: Penelitian ini merupakan studi analisa dengan desain studi potong lintang pada pasien di Rumah Sakit Umum Siloam, *Lippo Village* sebagai populasi sampel penelitian. Sampel dipilih menggunakan *fixed-disease sampling*. Data penelitian diperoleh dari hasil rekam medis, wawancara bersama pasien, dan pemeriksaan elektromiografi. Hasil penelitian kemudian diolah menggunakan metode *chi-square*.

Hasil: Dari total 68 sampel yang terkumpul, ditemukan hubungan yang signifikan antara masa kerja dengan kejadian sindrom terowongan karpal pada sampel penelitian dengan nilai *Odds Ratio* yang didapat sebesar 10,551 dan nilai $p: 0,00$ yang berarti masa kerja merupakan faktor risiko dari munculnya keluhan *carpal tunnel syndrome*

Kesimpulan: Terdapat hubungan yang signifikan antara masa kerja dengan kejadian sindrom terowongan karpal pada pasien di Rumah Sakit Umum Siloam *Lippo Village*

Kata Kunci: masa kerja, sindrom terowongan karpal

ABSTRACT

THE ASSOCIATION BETWEEN WORKING TIME AND THE INCIDENCE OF CARPAL TUNNEL SYNDROME IN PATIENT AT SILOAM GENERAL HOSPITAL LIPPO VILLAGE

Background: Working time is one of the triggers for work-related musculoskeletal disorders. The proportion of carpal tunnel syndrome was found in workers with more than 4 years of service compared to workers with less than 4 years of service. Workers with more than 4 years of service have a greater risk of CTS than workers with 1 to 4 years of service.

Objectives: To evaluate the association between working time and the incidence of Carpal Tunnel Syndrome in patient at Siloam General Hospital Lippo Village.

Methods: This study starts on January 2023 and utilizes a cross-sectional study design with the patients at Siloam General Hospital, Lippo Village as the sample population. The samples were selected by using fixed-disease sampling. The research data were obtained through the medical record, interview with patient, and electromyography test. Results will be processed using the chi-square method.

Results: From a total of 68 samples that were collected, a significant relationship was found between the certain types of work and the incidence of carpal tunnel syndrome in the study sample with $OR = 10.551$ and p -value 0.00 which means working time is a risk factor for carpal tunnel syndrome.

Conclusions: There is a significant association between working time and the incidence of carpal tunnel syndrome in patient at Siloam General Hospital Lippo Village

Keyword: working time, carpal tunnel syndrome