

ABSTRACT

THE RELATIONSHIP BETWEEN COMPUTER USAGE PROFILES WITH SYMPTOMS OF CARPAL TUNNEL SYNDROME (CTS) IN EMPLOYEES OF BANK RAKYAT INDONESIA BANDAR LAMPUNG REGIONAL OFFICE

By

YOHANNA CHRISTIANI SIHALOHO

Background: carpal tunnel syndrome is a disease caused by the pinching of the medianus nerve, thereby increasing the pressure of the carpal tunnel in the wrist which is below the retinal flexor. This study purpose to analyze the relationship between computer usage profiles with CTS symptoms in Bank Rakyat Indonesia Employees of Bandar Lampung Regional Office.

Methods: used a cross-sectional design and was carried out on employees who worked using computers at Bank Rakyat Indonesia Bandar Lampung Regional Office. The data collection technique used purposive sampling technique for 56 employees. The questionnaire used was the CTS symptom questionnaire according to the Boston Carpal Tunnel Syndrome Questionnaire Indonesian Version and the computer typing position questionnaire according to the International Labour Organization. The data were analyzed univariate and bivariate using the spearman's rho test.

Result: showed that there was no relationship between typing position ($p=0.253$), typing duration ($p=0.335$), and working period ($p=0.473$) with CTS symptoms based on severity. The results also showed that there was no relationship between typing position ($p=0.087$) and working period ($p=0.649$) and CTS symptoms based on functional status, and there was a relationship between typing duration ($p=0.040$) and CTS symptoms based on functional status.

Conclusion: there was no relationship between computer usage profiles, namely: between typing position, typing duration, and work period with CTS symptoms based on severity. There was no relationship between typing position and working period with CTS symptoms based on functional status, and there was a relationship between typing duration and CTS symptoms based on functional status.

Keywords: carpal tunnel sindrome, typing duration, typing position, working period.

ABSTRAK

HUBUNGAN ANTARA PROFIL PENGGUNAAN KOMPUTER DENGAN GEJALA *CARPAL TUNNEL SYNDROME* (CTS) PADA PEGAWAI BANK RAKYAT INDONESIA KANTOR WILAYAH BANDAR LAMPUNG

Oleh

YOHANNA CHRISTIANI SIHALOHO

Latar Belakang: *carpal tunnel syndrome* adalah penyakit yang disebabkan oleh terjepitnya nervus medianus, sehingga meningkatkan tekanan terowongan karpal pada pergelangan tangan yang berada tepat di bawah retinakulum fleksor. Penelitian ini bertujuan untuk menganalisis adanya hubungan antara profil penggunaan komputer dengan gejala CTS pada Pegawai Bank Rakyat Indonesia Kantor Wilayah Bandar Lampung.

Metode: menggunakan desain *cross-sectional* pada pegawai yang bekerja menggunakan komputer di Bank Rakyat Indonesia Kantor Wilayah Bandar Lampung. Teknik pengambilan data menggunakan teknik *purposive sampling* sebanyak 56 pegawai. Kuesioner yang digunakan adalah Kuesioner gejala CTS menurut kuesioner Sindrom Terowongan Karpal Boston Versi Bahasa Indonesia dan kuesioner posisi mengetik komputer menurut *International Labour Organization*. Data dianalisis secara univariat dan bivariat menggunakan uji *spearman's rho*.

Hasil: menunjukkan tidak terdapat hubungan antara posisi mengetik ($p=0,253$), durasi mengetik ($p=0,335$), dan masa kerja ($p=0,473$) dengan gejala CTS berdasarkan derajat keparahan. Hasil juga menunjukkan tidak terdapat hubungan antara posisi mengetik ($p=0,087$) dan masa kerja ($p=0,649$) dengan gejala CTS berdasarkan status fungsional, serta terdapat hubungan antara durasi mengetik ($p=0,040$) dengan gejala CTS berdasarkan status fungsional.

Kesimpulan: tidak terdapat hubungan profil penggunaan komputer, yaitu: antara posisi mengetik, durasi mengetik, dan masa kerja dengan gejala CTS berdasarkan derajat keparahan. Tidak terdapat hubungan antara posisi mengetik dan masa kerja dengan gejala CTS berdasarkan status fungsional, serta terdapat hubungan antara durasi mengetik dengan gejala CTS berdasarkan status fungsional.

Kata kunci: *carpal tunnel syndrome*, durasi mengetik, masa kerja, posisi mengetik.