

## HUBUNGAN GERAKAN REPETITIF DAN BERAT BEBAN SAAT MENCUCI PAKAIAN DENGAN KEJADIAN *CARPAL TUNNEL SYNDROME*

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### ABSTRAK

**Latar Belakang:** *Carpal Tunnel Syndrome* (CTS) merupakan penyakit akibat kerusakan nervus medianus di dalam terowongan karpal yang menyempit. Mencuci pakaian menggunakan tangan merupakan salah satu kegiatan dengan faktor risiko tinggi terjadinya CTS. Desa Sidogemah merupakan daerah pesisir dimana hampir seluruh warganya memanfaatkan kondisi geografis ini untuk kegiatan sehari-hari termasuk dalam urusan mencuci pakaian. Menurut penelitian yang dilakukan pada populasi dengan pekerjaan beresiko tinggi, didapatkan prevalensi CTS sebesar 5,6% sampai dengan 15%.

**Tujuan:** Mengetahui hubungan gerakan repetitif dan berat beban saat mencuci pakaian dengan kejadian CTS.

**Metode:** Penelitian analitik dengan pendekatan *cross sectional* ini menggunakan populasi sebanyak 46 orang di Desa Sidogemah. Variabel bebas adalah gerakan repetitif dan berat beban. Variabel terikat adalah kejadian CTS. Analisis data menggunakan uji *Chi Square* dengan tingkat kepercayaan 95%.

**Hasil:** Hubungan gerakan repetitif dengan kejadian CTS nilai  $p=0,03$ , hubungan berat beban dengan kejadian CTS nilai  $p=0,122$ .

**Kesimpulan:** ada hubungan antara gerakan repetitif dengan kejadian CTS dan tidak ada hubungan antara berat beban dengan kejadian CTS.

**Kata Kunci:** Gerakan Repetitif, Berat Beban, *Carpal Tunnel Syndrome* (CTS)

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**ASSOCIATION BETWEEN REPETITIVE MOVEMENT AND LARGE OF  
WORKLOAD DURING WASHING CLOTHES WITH CARPAL TUNNEL  
SYNDROME INCIDENCE**

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**ABSTRACT**

**Background:** Carpal Tunnel Syndrome (CTS) is the disease caused by defect of the median nerve within the narrowed carpal tunnel. Handwashing is one of the activities with high risk factors of CTS. Sidogemah village is a coastal area where almost all citizens take advantage of these geographical conditions for activities including washing clothes. According to the study conducted on populations with work's high risk, the prevalence of CTS was 5.6% to 15%.

**Objective:** Determine the association between repetitive movement and large of workload during washing clothes with CTS incidence.

**Method:** analytical research with cross sectional approach uses population of 46 people in Sidogemah Village. The independent variable is a repetitive movement and large of workload. The dependent variable is the incidence of CTS. Data analysis using Chi Square test with 95% confidence level.

**Result:** Association between repetitive movement with CTS incidence  $p = 0.03$ , association between large of workload with CTS incidence  $p = 0.122$ .

**Conclusion:** there is a correlation between repetitive movement with CTS incidence and no relation between large of workload with CTS incidence.

**Keywords:** Repetitive Movement, Large of Workload, Carpal Tunnel Syndrome (CTS)

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