

## FAKTOR RISIKO KEJADIAN *CARPAL TUNNEL SYNDROME* (CTS) PADA PEKERJA BULU MATA BAGIAN CANTEL

(Studi di Desa Rakit Kecamatan Rakit Kabupaten Banjarnegara)

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### ABSTRAK

**Latar belakang :** *Carpal Tunnel Syndrome* (CTS) akibat gangguan posisi tangan yang secara terus-menerus, pada jangka waktu lama dapat mempengaruhi saraf, suplai darah ke tangan dan pergelangan tangan. Pekerjaan yang berisiko menimbulkan kejadian CTS adalah pekerjaan memasang bulu mata bagian cantel di RW 01 Desa Rakit Kecamatan Rakit Kabupaten Banjarnegara. Tujuan penelitian ini adalah mengetahui faktor-faktor yang berpengaruh dengan kejadian CTS pada pekerja bulu mata bagian cantel di Desa Rakit. **Metode :** Penelitian analitik *cross sectional*, dengan jumlah sampel 50 responden menggunakan teknik *sampling* jenuh. Variabel bebas usia, masa kerja, lama kerja, IMT, gerakan repetitif pergelangan tangan dan beban kerja, variabel terikat kejadian CTS. Analisis data dengan uji *chi square* dan uji regresi logistik multivariat. Instrumen penelitian menggunakan kuesioner dan tes *phalen*. **Hasil :** Analisis univariat kejadian CTS (44,0%), usia  $\geq 30$  tahun (40,0%), masa kerja  $\geq 4$  tahun (36,0%), lama kerja  $\geq 8$  jam/hari (78,0%), IMT  $\geq 27$  Kg/m<sup>2</sup> (2,0%), gerakan repetitif pergelangan tangan  $\geq 30$  gerakan/menit (68,0%) dan beban kerja  $\geq 126-150$  denyut/menit (4,0%). Ada hubungan antara usia  $p$  value = 0,012, masa kerja  $p$  value = 0,007, lama kerja  $p$  value = 0,014 dan gerakan repetitif pergelangan tangan  $p$  value = 0,031 dengan kejadian CTS. Tidak ada hubungan antara IMT  $p$  value = 0,057 dan beban kerja  $p$  value = 1,000 dengan kejadian CTS. Analisis multivariat diperoleh usia  $p$  value = 0,015, masa kerja  $p$  value = 0,037 dan gerakan repetitif pergelangan tangan  $p$  value = 0,018. **Kesimpulan :** Variabel yang paling berpengaruh terhadap kejadian CTS adalah gerakan repetitif pergelangan tangan (OR = 7,663), masa kerja (OR = 4,877) dan usia (OR = 0,147).

**Kata Kunci :** *Carpal Tunnel Syndrome* (CTS), Bulu Mata, Banjarnegara.

### ABSTRACT

**Background:** Carpal Tunnel Syndrome (CTS) due to hand position disorders persistently, it can be affected to the nerves, blood supply to hands and wrists. The job that at the risk of causing the CTS is the job of wearing eyelashes on the cantel part in the RW 01 of Rakit Village, Rakit Sub-district, Banjarnegara Regency. The purpose of this study was to find out the factors that influences the CTS incidence to the workers in Rakit Village. **Methods:** study of the cross sectional analytic, with 50 samples of respondents using saturated sampling techniques. Independent variables of age, working period, duration of work, BMI, wrist repetitive movements and workload, the dependent variable of CTS incidence. Data analysis with chi square test and multivariate logistic regression test. The study instrument used questionnaires and phalen test. **Results:** Univariate analysis of the CTS incidence (44.0%), age  $\geq 30$  years (40.0%), working period of  $\geq 4$  years (36.0%), duration of work  $\geq 8$  hours/day (78.0%), BMI  $\geq 27$  Kg/m<sup>2</sup> (2.0%), wrist repetitive movements  $\geq 30$  movements/minute (68.0%) and workload  $\geq 126-150$  nerves beats/minute (4.0%). There is some relation between age  $p$  value = 0.012, working period  $p$  value = 0.007, duration of work  $p$  value = 0.014 and wrist repetitive movement  $p$  value = 0.031 with the CTS incidence. There is no relationship between BMI  $p$  value = 0.057 and workload  $p$  value = 1,000 with the CTS incidence. Multivariate analyses obtained age  $p$  value = 0,015, working period  $p$  value = 0,037 and wrist repetitive movement  $p$  value = 0,018. **Conclusion:** The most influential variables in the CTS incidence were wrist repetitive movements (OR = 7.663), working period (OR = 4.877) and age (OR = 0.147).

**Keywords:** Individual Factors, Job Factors, Carpal Tunnel Syndrome (CTS), Eyelashes.