

**FAKTOR RISIKO SUSPECT CARPAL TUNNEL SYNDROME PADA PEMASANG PAYET
(Studi di Dukuh Cemani Desa Bategede Kecamatan Nalumsari Jepara)**

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Latar belakang : *Carpal Tunnel Syndrome* (CTS) merupakan penyakit karena saraf median terjebak saat melewati terowongan karpal, dengan keluhan tangan terasa nyeri, kebas, kesemutan, seperti di tusuk-tusuk, bahkan hilang fungsi. Pekerjaan yang berisiko menimbulkan keluhan CTS adalah pekerja pemasang payet. Usia, lama kerja, masa kerja, indek masa tubuh, dan sikap kerja merupakan faktor risiko CTS. **Metode:** penelitian analitik cross sectional, populasi 98 responden, sampel 78 responden. analisis bivariat dengan uji *Chi square*. Instrumen penelitian, kuesioner, timbangan, meteran, tabel RULA **Hasil:** 28,2% mengalami CTS, 21,8% berusia diatas 45 tahun, 16,7% bekerja>8jam, 60,3% bekerja > 4 th, 11,5% obesitas , 11,5% sikap kerja berisiko. Ada hubungan antara usia dengan *Suspect CTS* ($p=0.004$) $RP=2,99$ $CI=1,57-5,69$ Ada hubungan antara lama kerja dengan *Suspect CTS* ($p= 0,04$) dan merupakan faktor risiko $RP=2,333$ dan $CI=1,193-4,565$. Ada hubungan antara masa kerja dengan *Suspect CTS* ($p= 0,007$) dan merupakan faktor risiko $RP=4,177$, $CI=1,349-12,932$. Ada hubungan antara IMT dengan *Suspect* kejadian CTS ($p=0,002$) dan merupakan faktor risiko $RP=3,578$, $CI=2,028-6,312$. Ada hubungan antara sikap kerja dengan *Suspect* ($p=0,013$). Dan merupakan faktor risiko terjadinya *suspect CTS* $RP=2,875$, $CI=1,530-5,402$. **Kesimpulan:** Ada hubungan antara usia, lama kerja masa kerja, IMT, sikap kerja dengan kejadian CTS dan merupakan faktor risiko.

Kata kunci: CTS, Payet, Jepara

Background: *Carpal tunnel Syndrome* (CTS) is a disease caused by median nerve trapped when cross carpal tunnel. With complain of pain, numbness, tingling, as in the puncture, and lost of function. An activity that caused CTS is applying sequins. Age, work duration, yeas of services, BMI, and work attitude is the risk factor of CTS. **Method:** this research was analytic cross sectional method. Population is 98, sample is 78 respondent. bivariate analyze with Chi Square. **Result:** Some 28,2% suspect CTS, 21,8% age above 45 years old, 16,7% working more than 8 hour, 60,3% work more than 4 years, 11,5% obesity, 11,5% the work attitude is at risk. There was correlation between age and suspect CTS ($p=0.004$) age is risk factor of CTS $RP=2,99$ $CI=1,57-5,69$. There was correlation between work duration and CTS($p=0.04$) and it is risk factor of CTS $RP=2,333$ $CI=1,193-4,565$. There was correlation between years of services and suspect CTS ($p=0,007$) and it is risk factor of CTS $RP=4,177$ $CI=1,349-12,932$. There was correlation between BMI and suspect CTS ($p=0,002$) it is risk factor of CTS $RP=3,578$ $CI=2,028-6,312$. There correlation between work attitude with suspect CTS($p=0.013$) it is risk factor of CTS $RP=2,875$ $CI=1,530-5,402$

Keyword: CTS, age, work duration, years of services, body mass index (BMI), work attitude