



UNIVERSITAS ANDALAS

**FAKTOR RISIKO KEJADIAN CARPAL TUNNEL SYNDROME (CTS) PADA
PEKERJA INDUSTRI RUMAHAN MAKANAN KERING BAGIAN
PENGEMASAN DI KELURAHAN KALUMBUK
KOTA PADANG TAHUN 2017**

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**PROGRAM STUDI ILMU KESEHATAN MASYARAKAT
FAKULTAS KESEHATAN MASYARAKAT
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ix + 59 halaman, 10 tabel, 15 gambar, 7 lampiran

ABSTRAK

Tujuan Penelitian

Pekerja bagian pengemasan berpotensi untuk mengalami keluhan CTS karena bekerja 6-8 jam perhari dengan posisi yang tidak berubah-ubah. Sementara itu, sebuah penelitian menyatakan bahwa prevalensi CTS di Indonesia berkisar antara 5,6% hingga 15%. Penelitian ini bertujuan untuk mengetahui faktor risiko kejadian CTS pada pekerja industri rumahan makanan kering bagian pengemasan di Kelurahan Kalumbuk Kota Padang Tahun 2017.

Metode

Jenis penelitian ini merupakan penelitian kuantitatif dengan pendekatan *cross-sectional*. Populasi sebanyak 32 pekerja bagian pengemasan pada industri rumahan makanan kering di Kelurahan Kalumbuk dengan sampel sebanyak 32 pekerja dengan teknik pengambilan sampel secara total sampling. Pengolahan data dilakukan secara univariat dan bivariat. Analisis data dengan uji *chi-square* dengan derajat kepercayaan 95%.

Hasil

Hasil penelitian menunjukkan bahwa pekerja dengan CTS positif 68,8%, umur antara 23-58 tahun, masa kerja >4 tahun 53,1%, lama kerja >4 jam 81,3%, gerakan berulang $\geq 30x$ gerakan/menit 56,3%, sikap kerja berisiko 81,3%. Hasil uji statistik didapatkan hubungan antara masa kerja dengan kejadian CTS ($p\text{-value}=0,021$), hubungan lama kerja dengan kejadian CTS ($p\text{-value}=0,006$), tidak ada hubungan gerakan berulang dengan kejadian CTS ($p\text{-value}=1,000$), dan tidak ada hubungan sikap kerja dengan kejadian CTS ($p\text{-value}=0,060$).

Kesimpulan

Lebih dari separuh pekerja positif mengalami CTS. Lebih dari separuh pekerja mempunyai masa kerja diatas 4 tahun, lama kerja diatas 4 jam, melakukan gerakan berulang tinggi, dan sikap kerja berisiko. Terdapat hubungan antara masa kerja dan lama kerja dengan kejadian CTS, tetapi tidak terdapat hubungan antara gerakan berulang dan sikap kerja dengan kejadian CTS. Diharapkan pemilik usaha dapat menanamkan rasa tanggung jawab dan penghargaan kepada pekerja.

Daftar Pustaka : 41 (1982-2016)

Kata Kunci:Faktor Risiko, *Carpal Tunnel Syndrome*, Industri Rumahan, Pengemasan

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RISK FACTORS OF CARPAL TUNNEL SYNDROME (CTS) AMONG THE FOOD PACKAGING WORKERS IN HOME INDUSTRIES LOCATED IN KALUMBUK VILLAGE PADANG CITY ON 2017

ix + 59 pages, 10 tables, 15 pictures, 7 attachments

ABSTRACT

Reseach Purposes

Packaging workers are susceptible for CTS because they works 6-8 hours/day with the persistence position. This study aims to determine the risk factors of CTS among the food packaging workers in home industries located in Kalumbuk Village Padang City On 2017.

Method

This study is quantitative reserach with cross-sectional approach. The population are 32 food packaging workers in home industries located in Kalumbuk Village. The sample are 32 workers and choosen by total sampling technique. Data processing was performed using univariate and bivariate. Data were analyzed by chi-square test with 95% confidence interval.

Result

The result showed that respondents with positive CTS 68,8%, the range of ages are between 23-58 years old, 53,1% respondents have been working for more than 4 years, 81,3% respondents works for more than 4 hours/day, 56,3% respondents works with high level of repetitive movement ($\geq 30x$ movements/minutes), 81,3% respondents work with unsafe working attitude. Statistical test showed result obtained relationship between working tenure and CTS ($p\text{-value}=0,021$), a relationship between working length and CTS ($p\text{-value}=0,006$), there was no relationship between repetitive movement and CTS ($p\text{-value}=1,000$), and there was no relationship between working attitude and CTS ($p\text{-value}=0,060$).

Conclusion

More than half of respondents are positive for CTS. More than half of respondents have working tenure more than 4 years, working length more than 4 hours/day, repetitive movement $\geq 30x$ movements/minutes, and unsafe working attitude. There was a relationship between working tenure and working length with CTS, and there was no relationship between repetitive movement and working attitude with CTS. It is expected that the owners put their responsibility and appreciation to the workers.

Bibliography: 41 (1982-2016)

Keywords:Risk Factor, Carpal Tunnel Syndrome, Home Industries, Packaging