



UNIVERSITAS ANDALAS

**FAKTOR RISIKO YANG BERHUBUNGAN DENGAN KELUHAN SUBYEKTIF
CARPAL TUNNEL SYNDROME PADA PEKERJA PENGGILING CABAI**

DI PASAR KOTA PADANG

TAHUN 2016

Oleh :

STEFANI ANDRI

No. BP. 1311211106

Pembimbing I : Dr. Nopriadi, SKM, M. Kes
Pembimbing II : Septia Pristi Rahmah, SKM, MKM

**FAKULTAS KESEHATAN MASYARAKAT
UNIVERSITAS ANDALAS**

2017

**FAKULTAS KESEHATAN MASYARAKAT
UNIVERSITAS ANDALAS**

**Skripsi, April 2017
STEFANI ANDRI. No. BP. 1311211106**

**FAKTOR RISIKO YANG BERHUBUNGAN DENGAN KELUHAN SUBYEKTIF
CARPAL TUNNEL SYNDROME PADA PEKERJA PENGGILING CABAI DI PASAR
KOTA PADANG TAHUN 2016**

x + 68 halaman, 15 tabel, 10 gambar, 12 lampiran

ABSTRAK

Tujuan Penelitian

Pekerja penggiling cabai merupakan salah satu pekerjaan yang memiliki permasalahan kesehatan kerja terutama keluhan subyektif *Carpal Tunnel Syndrome* (CTS). Di Indonesia, prevalensi CTS berkisar antara 5,6% hingga 15%. Penelitian ini bertujuan untuk mengetahui faktor risiko yang berhubungan dengan keluhan subyektif CTS di Pasar Kota Padang tahun 2016.

Metode

Jenis penelitian kuantitatif dengan pendekatan *cross-sectional*. Populasi sebanyak 40 pekerja penggiling cabai dan sampel sebanyak 34 pekerja. Teknik pengambilan sampel secara *total sampling*, Pengolahan data dilakukan secara univariat dan bivariat. Analisis data dengan uji *chi-square*.

Hasil

Hasil penelitian menunjukkan bahwa pekerja dengan keluhan subyektif CTS 64,7%, gerakan berulang ≥ 30 gerakan/menit 70,6%, sikap kerja postur berisiko 85,3%, lama kerja >4 jam/hari 32,4%, dan masa kerja >4 tahun 76,5%. Hasil uji statistik didapatkan hubungan antara gerakan berulang dengan keluhan subyektif CTS ($p\text{-value}=0,001$), hubungan sikap kerja dengan keluhan subyektif CTS ($p\text{-value}=0,042$), hubungan masa kerja dengan keluhan subyektif CTS ($p\text{-value}=0,013$) dan tidak adanya hubungan lama kerja dengan keluhan subyektif CTS ($p\text{-value}=0,705$).

Kesimpulan

Ada hubungan antara gerakan berulang, sikap kerja, dan masa kerja dengan keluhan subyektif CTS, sebaliknya tidak ada hubungan antara lama kerja dengan keluhan subyektif CTS. Diharapkan pekerja melakukan latihan pada tangan dan pergelangan tangan yang sederhana selama 4-5 menit untuk mengurangi risiko berkembangnya atau mencegah terjadinya CTS.

Daftar Pustaka : 49 (1995-2016)

Kata Kunci : Faktor Risiko, *Carpal Tunnel Syndrome*, Pekerja Penggiling Cabai

FACULTY OF PUBLIC HEALTH

ANDALAS UNIVERSITY

Undergraduate Thesis, April 2017
STEFANI ANDRI. No.BP. 1311211106

RISK FACTORS ASSOCIATED TO SUBJECTIVE COMPLAINTS OF CARPAL TUNNEL SYNDROME AMONG THE CHILI GRINDER WORKERS IN PADANG CITY MARKETS IN 2016

x + 68 pages, 15 tables, 10 pictures, 12 attachments

ABSTRACT

Objective

Chili grinder workers is one of the job that have health problems, especially occupational disease called Carpal Tunnel Syndrome (CTS). In Indonesia, the prevalence of CTS ranged from 5.6% to 15%. This study aimed to identify risk factors associated with CTS subjective complaints in Padang City Markets in 2016.

Method

Quantitative research with cross-sectional approach. The population were 40 chili grinder workers and the sample were 34 workers. The sampling technique was total sampling. Data processing was performed using univariate and bivariate. Data were analyzed by chi-square test.

Result

The results showed that workers with subjective complaints of CTS 64.7%, ≥ 30 repetitive movement/min 70,6%, risk working attitude 85.3% , duration of work >4 hours/day 32.4%, and period of work >4 years of 76.5%. Statistics test showed that relationship between repetitive movement with subjective complaints of CTS (p-value=0.001), relationship between working attitude with subjective complaints of CTS (p-value=0.042), relationship between period of work with subjective complaints of CTS (p-value=0.013) and there is no relationship between duration of work with subjective complaints of CTS (p-value=0.705).

Conclusion

There is a relationship between repetitive movements, working attitude, and period of work with subjective complaints of CTS, otherwise there is no relationship between duration of work with subjective complaints of CTS. It is expected that workers do the simple exercise on hands and wrists for 4-5 minutes to reduce or prevent the risk of developing CTS

Bibliography : 49 (1995-2016)

Keywords : Risk Factors, Carpal Tunnel Syndrome, Chili Grinder Workers