



**UNIVERSITAS ANDALAS**

**PENILAIAN RISIKO ERGONOMI TERHADAP RISIKO  
KEJADIAN *CARPAL TUNNEL SYNDROME* (CTS)  
PADA PEMAIN GAME “*MOBILE LEGENDS:  
BANG BANG*” DI KOTA PADANG  
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**PENILAIAN RISIKO ERGONOMI TERHADAP RISIKO KEJADIAN  
CARPAL TUNNEL SYNDROME (CTS) PADA PEMAIN GAME “MOBILE  
LEGENDS: BANG BANG” DI KOTA PADANG TAHUN 2019**

xi + 69 halaman, 26 tabel, 9 gambar, 7 lampiran

**ABSTRAK**

**Tujuan Penelitian**

Games *Mobile Legend : Bang- Bang* merupakan game populer saat ini, telah diunduh 10.406.239 kali di *playstore* per tanggal 2 Januari 2019.<sup>(9)</sup> Saat ini belum banyak penelitian tentang besaran masalah *Carpal Tunnel Syndrome* (CTS) pada pemain game online di perangkat *mobile*, untuk itu peneliti ini bertujuan untuk mengetahui apakah pemain game pada perangkat *mobile* juga berisiko untuk terkena CTS seperti yang terjadi pada pemain game di perangkat komputer.

**Metode**

Desain penelitian ini adalah *cross sectional*. Sampel penelitian 77 orang diambil dengan cara *simple random sampling* pada daftar registrasi peserta Turnamen MLBB UKM Neo Telemetry Unand. Pengumpulan data dengan cara wawancara dan observasi, dianalisis secara univariat dan bivariat.

**Hasil**

Prevalensi risiko CTS 75,3%. Karakteristik responden yaitu umur 20-22 tahun 54,5%, jenis kelamin laki-laki 94,8%. Karakteristik pemain game MLBB antara lain lama bermain  $\geq 23$  bulan 51,9%, durasi bermain setiap hari 1-3 jam 48,1%, posisi bermain duduk 79,2%, Ukuran perangkat mobile  $>5,5$  dan 5,5 inci 44,2 % dan 33,8%. Tidak ada hubungan antara umur, jenis kelamin, lama bermain, durasi bermain, posisi bermain, dan ukuran perangkat mobile dengan risiko kejadian CTS. Terdapat hubungan antara postur pergelangan tangan dengan risiko kejadian CTS ( $p$ -value=0,000), dengan POR 20,6.

**Kesimpulan**

Postur pergelangan tangan merupakan faktor risiko kejadian CTS. Diharapkan kepada pemain game MLBB agar memperbaiki postur tangan saat bermain.

References : 56 (1995-2019)

**Kata Kunci** : Carpal Tunnel Syndrome , Online game, Mobile Legends:  
Bang Bang, Risiko Ergonomi Postur

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**DISA RAVIONA EFENDI, NO.BP. 1511211074**

**ERGONOMIC RISK ASSESSMENT OF THE RISK OF CARPAL TUNNEL SYNDROME (CTS) ON "MOBILE LEGENDS: BANG BANG" GAME PLAYERS IN PADANG, IN 2019**

xi + 69 page, 26 tables, 9 pictures, 7 appendices

**ABSTRACT**

**Objective**

Mobile Legend Game: Nowadays, Bang-Bang became a popular game and it has been downloaded 10,406,239 times in the Playstore on January 2, 2019.<sup>(9)</sup> Currently, only a few research examines about Carpal Tunnel Syndrome (CTS) on online mobile games. For this reason the researcher aims to find out whether gamers on mobile devices are also at risk for CTS as what happens to gamers on computer devices.

**Method**

The design of this study was cross-sectional. Seventy-seven people, as a sample of this research, was taken by simple random sampling on the registration list of MLBB UKM Neo Telemetry UNAND's tournament participant. Interview and observation used to collect the data, and analyzed using univariate dan bivariate analysis.

**Result**

The prevalence of CTS risk is 75,3%. The Characteristics of MLBB game players at age 20-22 years is 54,5%, 94,8% male, length of play  $\geq$  23 months is 51,9%, the duration of daily players about 1-3 hours is 48,1%, playing with sitting position is about 79,2%, the size of mobile devices  $>$  5,5 and 5,5 inches is 44,2% and 33,8%. There is no relation between age, gender, length of play, duration of play, the position of play, and size of mobile devices with the risk of CTS events. But, wrist posture and the risk of CTS events are interconnected (p-value = 0,000), with a POR of 20,6.

**Conclusions**

Wrist posture is a risk factor for CTS events. MLBB gamers are expected to improve their hand posture when playing.

**References** : 56 (1995-2019)

**Keywords** : Carpal Tunnel Syndrome, Online game, Mobile Legends: Bang Bang, Ergonomic Risk Posture