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## **FAKTOR – FAKTOR YANG BERHUBUNGAN DENGAN KELUHAN SUBJEKTIF *CARPAL TUNNEL SYNDROME* PADA PENGRAJIN BUNGA KERTAS GLADIOL DI KAMPUNG PELANGI KOTA SEMARANG**

### **ABSTRAK**

**Latar Belakang :** *Carpal Tunnel Syndrome* (CTS) merupakan kelemahan di tangan menyebabkan rasa nyeri di nervus medianus. Prevalensi CTS pada pekerjaan dengan resiko tinggi di tangan menunjukkan 5,6% - 14,8%. Gerakan berulang merupakan salah satu penyebab CTS. Pengrajin bunga gladiol merupakan industri informal dimana proses kerja lebih banyak melakukan aktifitas gerakan berulang. Tujuan penelitian ini untuk mengetahui faktor – faktor yang berhubungan dengan keluhan subjektif CTS pada pengrajin bunga kertas gladiol.

**Metode:** Penelitian ini merupakan penelitian kuantitatif dengan menggunakan desain analitik observasional pendekatan *cross sectional*. Populasi dalam penelitian ini adalah pengrajin bunga kertas sebanyak 40 pengrajin. Pengambilan sampel menggunakan teknik *purposive sampling* didapatkan sebanyak 37 pengrajin. Variabel independen yaitu usia, jenis kelamin, status gizi, masa kerja dan gerakan berulang sedangkan variabel dependen yaitu keluhan subjektif CTS. Pengumpulan data menggunakan kuesioner BCTQ, timbangan digital dan *microtoice*. Analisis data penelitian menggunakan uji statistik *Mann-whitney* dan *Spearman rank*.

**Hasil:** Hasil analisis menunjukkan ada hubungan antara usia ( $p= 0,000$ ;  $p=0,546$ ), masa kerja ( $p=0,008$ ;  $p=0,353$ ), gerakan berulang ( $p=0,046$ ;  $p=0,330$ ) dengan keluhan CTS. ,tidak ada hubungan antara jenis kelamin ( $p=0,840$ ), status gizi ( $p=0,058$ ;  $p=0,314$ ) dengan keluhan subjektif CTS..

**Simpulan:** Ada hubungan antara usia, masa kerja, dan gerakan berulang dengan keluhan CTS dan tidak ada hubungan antara status gizi dan jenis kelamin dengan keluhan CTS.

**Kata Kunci :** *Carpal Tunnel Syndrome*, karakteristik individu. Gerakan berulang

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## **FACTORS ASSOCIATED WITH SUBJECTIVE COMPLAINTS OF CARPAL TUNNEL SYNDROME IN GLADIOLUS PAPER FLOWER CRAFTSMEN IN THE RAINBOW VILLAGE OF SEMARANG CITY**

### **ABSTRACT**

**Background:** Carpal tunnel syndrome (CTS) is a weakness in the hand that causes pain in the median nerve. The prevalence of CTS in high-risk jobs in the hand shows 5.6% - 14.8%. Repetitive motion is one cause of CTS. Gladiolus flower craftsmen are informal industries where the work process repetitive movement activities. The purpose to determine the factors associated with subjective complaints of CTS in gladiolus paper flower craftsmen.

**Methods:** This study was a quantitative study using an observational analytic design cross sectional approach. The population in this research was paper flower craftsmen as many as 40 craftsmen. The sample of this study using purposive sampling technique obtained a sample of 37 craftsmen. Independent variables are age, gender, nutritional status, tenure and repetitive motion. and the dependent variable is subjective complaints of CTS. Data collection using BCTQ questionnaire, digital scales and microtoice. Analysis of research data using mann-whitney and spearman rank statistical tests

**Result:** The results of the analysis showed there was a relationship between age ( $p = 0.000$ ;  $\rho = 0.546$ ), length of service ( $p = 0.008$ ;  $\rho = 0.353$ ), repetitive motion ( $p = 0.046$ ;  $\rho = 0.330$ ) with CTS complaints. There was no association between gender ( $p=0.840$ ), nutritional status ( $p=0.058$ ;  $\rho=0.314$ ) with subjective complaints of CTS.

**Conclusion:** There is an association between age, length of service, and repetitive motion with CTS complaints and no association between nutritional status and gender with CTS complaints

**Keywords:** Carpal Tunnel Syndrome, individual characteristics. Repetitive motion.