

## ABSTRAK

Nama : Desyilia M. Pasaribu  
Program Studi : Kesehatan Masyarakat  
Judul : Hubungan Durasi Kerja, Lama Kerja, dan Durasi Kerja Dengan Risiko *Carpal Tunnel Syndrome* (CTS) pada Karyawan POS (*Policy Operation Service*) di PT Avrist Assurance Tahun 2016.

**Latarbelakang:** *Carpal Tunnel Syndrome* (CTS) adalah suatu kondisi medis dimana saraf tengah tertekan di bagian pergelangan tangan yang mengakibatkan parestesia, mati rasa dan kelemahan otot tangan. Jika kondisi ini terjadi dalam waktu lama dapat menyebabkan kelemahan otot. Operator komputer bekerja dengan penggunaan komputer yang intens 5-6 jam kerja. Hal ini dapat sebagai pemicu terjadinya CTS.

**Tujuan:** Untuk mengetahui hubungan durasi kerja, lama kerjadan aktivitas mengetik dengan resiko CTS pada karyawan POS di PT Avrist Assurance tahun 2016.

**MetodelogiPenelitian:** Jenis Penelitian yang digunakan bersifat deskriptif analitik menggunakan studi *Cross Sectional*. Populasi dalah semua karyawan POS PT Avrist Assurance yaitu 47 orang. Tekhnik Sampling yang digunakan adalah sampling jenuh. Analisis data menggunakan analisis univariat dan bivariat dengan uji statistik *Chi Square*.

**HasilPenelitian:** Berdasarkan hasil uji *chi square* didapatkan adanya hubungan antara durasi kerja (*p value*  $0,004 < 0,05$  dan nilai  $OR=9,33$ ), lama kerja(*p value*  $0,042 < 0,05$  dan nilai  $OR=4,48$ ), dan aktivitas mengetik (*p value*  $0,005 < 0,05$  dan nilai  $OR=7,6$ )dengan resiko *Carpal Tunnel Syndrome*.

**Kesimpulan:** Ada hubungan antara durasi kerja, lama kerja, dan aktivitas mengetik dengan resiko CTS pada karyawan bagian POS di PT Avrist Assurance tahun 2016.

Kata Kunci : Durasi Kerja, Lama Kerja, Aktivitas Mengetik, Risiko CTS  
Xiii + 115 Hal. : 9 Tabel, 14 Gambar  
DaftarPustaka : 32 (2001-2013)

## ABSTRACT

Name : Desylia M. Pasaribu  
Faculty : Public Health  
Title : Correlation of Duration of working, Period of Working, and working to type with the risk of Carpal Tunnel Syndrome (CTS) On Employee Of Policy Operation Service At PT Assurance In 2016

**Background:** Carpal Tunnel Syndrome (CTS) is a medical condition in which the nerve medianus oppressed at the ankle which resulted paresthesia, numbness and muscle weakness in the hand. If this happens for long time can muscle weakness in the hand. Computer Operators to work with intense use the computer for 5-6 hours. It is the risk factor of CTS.

**Purpose:** To determine Correlation of Working Duration, Period of Working, and working to type with the risk of Carpal Tunnel Syndrome On Employee Of Policy Operation Service At PT Assurance In 2016

**Research Methodology:** This research are descriptive and analytical study of cross sectional study. The population in this study were all the employee of policy operation service department in PT Avrist Assurance. The sampling method used saturated sampling. Analyzed using univariate and bivariate and statistic test used Chi Square with level meaning 95%.

**Results:** Based on the result of chi square test is gotten there correlation between the duration of working (p value  $0,004 < 0,05$  ; OR=9,33), the period of working (p value  $0,042 < 0,05$  ; OR=4,48), and working to type (p value  $0,005 < 0,05$  ; OR=7,6) with the risk of Carpal Tunnel Syndrome (CTS).

**Conclusion:** In this research, the duration of working, the period of working and working to type associated with suspect Carpal Tunnel Syndrome (CTS).

Keywords : *Carpal Tunnel Syndrome (CTS)*, Duration of working, Period Of Working, and working to type

Xiii + 115 pages : 9 Tables, 14 Pictures

Bibliography : 32 (2001-2013)