

ABSTRAK



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HUBUNGAN ANTARA MASA KERJA TERHADAP RISIKO *CARPAL TUNNEL SYNDROME* PADA JURU MASAK

Terdiri dari VI Bab, 45 Halaman, 9 Tabel, 6 Gambar, 2 Skema, dan 8 Lampiran.

Tujuan: Untuk mengetahui hubungan antara masa kerja terhadap risiko *carpal tunnel syndrome* pada juru masak warung makan dan gerobak makanan. **Sampel:** penelitian ini terdiri dari 32 juru masak yang mengalami keluhan nyeri, kebas, parestesia pada tangan di kelurahan Tanjung Duren Utara, kecamatan Grogol Petamburan, kota Jakarta Barat, yang dipilih berdasarkan *purposive sampling*.

Metode: Penelitian deskriptif dengan desain *cross-sectional* dan teknik pengambilan data melalui observasi. Data masa kerja diperoleh melalui kuesioner yang diukur dalam satuan tahun dan risiko *carpal tunnel syndrome* diukur dengan *Duruoz hand index*. **Hasil:** Uji normalitas dengan *Shapiro-Wilk test* didapatkan data berdistribusi tidak normal, dan hasil uji hipotesis antara masa kerja terhadap risiko *carpal tunnel syndrome* secara statistik diuji dengan *Spearman's rank test* didapatkan nilai $p < 0,001$ ($p < 0,05$) artinya ada hubungan positif yang kuat dengan nilai $r = 0,774$ antara masa kerja terhadap risiko *carpal tunnel syndrome* pada juru masak warung makan dan gerobak makanan di kelurahan Tanjung Duren Utara, kecamatan Grogol Petamburan, kota Jakarta Barat.

Kesimpulan: Terdapat hubungan antara masa kerja terhadap risiko *carpal tunnel syndrome* pada juru masak.

Kata Kunci: Masa Kerja, Juru Masak, *Carpal Tunnel Syndrome*

ABSTRAK



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THE CORRELATION BETWEEN WORKING PERIODS TO THE RISK OF CARPAL TUNNEL SYNDROME IN COOKS.

Consist of VI Chapter, 45 Pages, 9 Tables, 6 Images, 2 Schemes, and 8 Appendices.

Objective : Finding correlation between working periods of cooks in the street food vendors to the risk of carpal tunnel syndrome at Tanjung Duren Utara, Grogol Petamburan, West Jakarta. **Samples:** This study consisted of 32 cooks who suffered with pain, weakness, numbness, tingling and parasthesia of carpal tunnel syndrome, and were selected based on purposive sampling. **Methods:** Descriptive research with cross-sectional design and data collection techniques through observation. Working periods data were obtained through a questionnaire which was measured in years and the risk of carpal tunnel syndrome was measured by the Duruoz hand index. **Results:** The normality test with Shapiro-Wilk's test showed that the data were not normally distributed. Then hypothesis test with Spearman's rank test was obtained: $p < 0,001$ ($p < 0,05$). This means that there are strong positive correlations with $r = 0,774$ between work periods to the risk of carpal tunnel syndrome in cooks. **Conclusion:** There are correlations between working periods to the risk of carpal tunnel syndrome in cooks.

Keywords: Working periods, cooks, carpal tunnel syndrome