

ABSTRAK

Latar Belakang: Meningkatnya jam kerja pada pengendara ojek *online* menyebabkan beberapa keluhan, misalnya *Carpal Tunnel Syndrome* (CTS). CTS adalah salah satu keluhan nyeri neuropatik yang sering dikeluhkan pada pekerja yang menggunakan tangan secara berulang. Oleh karena tingginya risiko kejadian CTS pada pekerja, maka perlu dilakukan identifikasi faktor risiko kejadian CTS pada pengendara ojek online.

Metode: Penelitian ini menggunakan rancang studi analitik observasional dengan pendekatan *cross-sectional*. Teknik pengambilan sampel menggunakan *purposive sampling* dengan total akhir 100 responden yang memenuhi kriteria inklusi dan eksklusi. Data diambil dari BCTQ dan diwawancarai secara langsung lalu dianalisis secara univariat dan bivariat menggunakan uji *chi square* dimana nilai $p < 0,005$ dianggap bermakna secara statistik.

Hasil: Hasil penelitian menunjukkan bahwa 56 dari 100 responden mengalami CTS. Mayoritas yang mengalami CTS berusia 40-60 tahun (57,1%). Sebanyak 55 responden (98,2%) mengalami nyeri pergelangan tangan, Hasil derajat keparahan kategori ringan (46,4%) dan skala fungsional kategori ringan (87,5%). Terdapat hubungan signifikan antara usia ($p=0,001$), masa kerja ≥ 4 tahun sebanyak nilai p ($p=0,001$), lama kerja > 8 jam ($p=0,024$) pada pengendara ojek *online*. Tidak ada hubungan bermakna antara Indeks Massa Tubuh dengan CTS nilai ($p=0,807$).

Kesimpulan: Usia, masa kerja ≥ 4 tahun dan lama kerja ≥ 8 jam merupakan faktor-faktor yang berhubungan dengan kejadian CTS pada pengendara ojek *online* di Kota Jambi. Tidak terdapat Hubungan IMT dengan CTS pada pengendara ojek *online* di Kota Jambi.

Kata kunci: *Carpal Tunnel Syndrome*, Indeks Massa Tubuh, Ojek *online*

ABSTRACT

Background: *The increase in congestion among online motorcycle taxi drivers causes several complaints, namely Carpal Tunnel Syndrome (CTS). CTS is one of the complaints of neuropathic pain that is often complained of by workers who use their hands repeatedly. Because of the risk of CTS occurrences in workers, it is necessary to carry out the risk of CTS occurrences on online motorcycle taxi drivers.*

Method: *This study used an observational analytical study design with a cross-sectional approach. The sampling technique used was purposive sampling with a final total of 100 respondents who met the inclusion and exclusion criteria. Data were taken from BCTQ and interviewed directly analyzed by univariate and bivariate using chi square test where p value <0.005 is considered statistically significant.*

Results: *The results showed that 56 out of 100 respondents experienced CTS. who experienced CTS aged 40-60 years (57.1%). A total of 55 respondents (98.2%) experienced hand pain. The results of the severity were in the mild category (46.4%) and the functional scale was in the mild category (87.5%). There is a significant relationship between age ($p = 0.001$), 4 years of service as much as p value ($p = 0.001$), length of work > 8 hours ($p = 0.024$) on online motorcycle taxi drivers. There was no significant relationship between Body Mass Index and CTS value ($p=0.807$).*

Conclusion: *Age, 4 years of service, and 8 hours of work are factors related to the incidence of CTS among online motorcycle taxi drivers in Jambi City. There is no relationship between BMI and CTS for online motorcycle taxi drivers in Jambi City.*

Keywords: *Carpal Tunnel Syndrome, Body Mass Index, Ojek Online*

