

ABSTRACT

Background : *The work process of splitting and sorting areca nut is carried out manually with repetitive movements over a long period of time and unergonomic working postures are a risk of causing Carpal Tunnel Syndrome. The aim of this research is to determine the factors associated with CTS complaints in areca nut splitting and sorting workers at CV. Indokara in 2024.*

Method : *The type of research is analytical observational with a cross sectional design. The research population was all areca nut splitting and sorting workers at CV. Indokara with a sample size of 38 people. The sampling technique uses total sampling. The analysis test used is the chi-square test with a confidence level of 95%.*

Results : *The results of the study showed that the prevalence of CTS complaints was 21 people (55.3%) and there were no CTS complaints in 17 people (44.7%). The results of the bivariate analysis test showed that there was a relationship between age ($p\text{-value}=0.031$), length of service ($p\text{-value}=0.011$), work posture ($p\text{-value}=0.031$) and repetitive movements ($p\text{-value}=0.029$) with CTS complaints. There is no relationship between nutritional status ($p\text{-value}=1,000$) and CTS complaints.*

Conclusion : *Factors associated with CTS complaints in areca nut splitting and sorting workers at CV. Indokara, namely age, length of service, work posture and repetitive movements. Workers are advised to take advantage of rest time and stretch their arms between work. Companies are expected to implement a policy of doing exercise once a week and also make posters regarding stretching movements that workers need to do.*

Keywords : *Carpal Tunnel Syndrome, Repetitive Movements, Working Period, Working Posture, Age*

ABSTRAK

Latar Belakang : Proses kerja belah dan sortir pinang dilakukan secara manual dengan gerakan berulang-ulang dalam waktu yang cukup lama dan postur kerja yang tidak ergonomis menjadi suatu risiko penyebab munculnya *Carpal Tunnel Syndrome*. Tujuan dari penelitian ini untuk mengetahui faktor-faktor yang berhubungan dengan keluhan CTS pada pekerja belah dan sortir pinang di CV. Indokara tahun 2024.

Metode : Jenis penelitian yaitu observasional analitik dengan rancangan *cross sectional*. Populasi penelitian adalah seluruh pekerja belah dan sortir pinang di CV. Indokara dengan jumlah sampel 38 orang. Teknik pengambilan sampel menggunakan *total sampling*. Uji analisis yang digunakan yaitu uji *chi-square* dengan tingkat kepercayaan 95%.

Hasil : Hasil penelitian memperlihatkan prevalensi adanya keluhan CTS sebanyak 21 orang (55,3%) dan tidak ada keluhan CTS sebanyak 17 orang (44,7%). Hasil uji analisis bivariat menunjukkan ada hubungan antara usia ($p\text{-value}=0,031$), masa kerja ($p\text{-value}=0,011$), postur kerja ($p\text{-value}=0,031$) dan gerakan berulang ($p\text{-value}=0,029$) dengan keluhan CTS. Tidak ada hubungan status gizi ($p\text{-value}=1,000$) dengan keluhan CTS.

Kesimpulan : Faktor yang berhubungan dengan keluhan CTS pada pekerja belah dan sortir pinang di CV. Indokara yaitu usia, masa kerja, postur kerja dan gerakan berulang. Pekerja disarankan untuk memanfaatkan waktu istirahat dan melakukan peregangan tangan disela-sela bekerja. Perusahaan diharapkan bisa menerapkan kebijakan melakukan senam 1 kali seminggu dan juga membuat poster mengenai gerakan-gerakan peregangan yang perlu dilakukan oleh pekerja.

Kata Kunci : *Carpal Tunnel Syndrome*, Gerakan Berulang, Masa Kerja, Postur Kerja, Usia