

ABSTRACT

Background: Tea plucking is a job that carries the risk of experiencing Carpal Tunnel Syndrome (CTS) symptoms due to the repetitive nature of the upper limb movements over long periods.

Objective: This study aims to identify factors associated with Carpal Tunnel Syndrome (CTS) complaints among tea pluckers in Koto Tuo Village, Kayu Aro District, Kerinci Regency.

Methods: This quantitative study uses an observational analytic design with a cross-sectional approach. The research was conducted from August 2023 to September 2023. The study population consisted of 317 tea pluckers in Koto Tuo Village. The sample was selected using purposive sampling, totaling 77 tea pluckers in Koto Tuo Village.

Results: The results showed a 67.5% prevalence of Carpal Tunnel Syndrome complaints. Statistical tests using the chi-square test indicated that the variables of repetitive movements ($p = 0.001 < 0.05$), length of employment ($p = 0.000 < 0.05$), work duration ($p = 0.007 < 0.05$), age ($p = 0.019 < 0.05$), gender ($p = 0.518 > 0.05$), and medical history variables such as diabetes ($p = 0.017 < 0.05$), rheumatoid arthritis ($p = 0.003 < 0.05$), wrist fracture ($p = 0.02 < 0.05$), and obesity ($p = 0.038 < 0.05$) were significant.

Conclusion: Based on the research results, it can be concluded that there is a relationship between repetitive movements, length of employment, age, work duration, and medical history with Carpal Tunnel Syndrome complaints. However, there is no relationship between gender and Carpal Tunnel Syndrome complaints. To reduce the risk of Carpal Tunnel Syndrome, it is recommended to implement ergonomic programs with regular breaks, stretching exercises, and the use of ergonomic equipment.

Keywords: Carpal Tunnel Syndrome (CTS), Tea Pluckers, Koto Tuo Village

ABSTRAK

Latar Belakang: Pekerjaan pemetik teh merupakan pekerjaan yang memiliki resiko mengalami gejala *Carpal Tunnel Syndrome* (CTS) jika ditinjau dari aktivitas pekerjaan yang melakukan gerakan repetitif dalam waktu yang lama pada alat gerak bagian atas.

Tujuan: Penelitian ini bertujuan untuk mengetahui faktor-faktor yang berhubungan dengan keluhan *Carpal Tunnel Syndrome* (CTS) pada pekerja pemetik teh di Desa Koto Tuo, Kecamatan Kayu Aro, Kabupaten Kerinci.

Metode: Jenis penelitian ini merupakan penelitian kuantitatif menggunakan desain observasional analitik dengan pendekatan *cross sectional*. Penelitian ini dilakukan pada Agustus 2023-September 2023. Populasi penelitian yakni pekerja pemetik teh di Desa Koto Tuo sebanyak 317 pekerja. Sampel dalam penelitian ini diambil menggunakan teknik purposive sampling yakni sebanyak 77 responden pekerja pemetik teh di Desa Koto Tuo.

Hasil: Hasil penelitian menunjukkan prevalensi terjadinya keluhan *Carpal Tunnel Syndrome* sebanyak 67.5%. Hasil uji statistik menggunakan uji chi-square juga menunjukkan bahwa variabel gerakan berulang ($p = 0.001 < 0.05$), masa kerja ($p = 0.000 < 0.05$), lama kerja ($p = 0.007 < 0.05$), umur ($p = 0.019 < 0.05$), jenis kelamin ($p = 0.518 > 0.05$), serta variabel riwayat penyakit yakni diabetes ($p = 0.017 < 0.05$), arthirits rheumatoid ($p = 0.003 < 0.05$), fraktur pergelangan tangan ($p = 0.02 < 0.05$), riwayat obesitas ($p = 0.038 < 0.05$).

Kesimpulan: Berdasarkan hasil penelitian maka dapat disimpulkan bahwa ada hubungan antara gerakan berulang, masa kerja, umur, lama kerja, dan riwayat penyakit dengan keluhan *Carpal Tunnel Syndrome*. Sementara itu, tidak ada hubungan antara jenis kelamin dengan keluhan *Carpal Tunnel Syndrome*. Untuk mengurangi risiko *Carpal Tunnel Syndrome*, disarankan impelmentasi program ergonomi dengan istirahat teratur, latihan peregangan, dan penggunaan peralatan ergonomis.

Kata Kunci: *Carpal Tunnel Syndrome*, Pekerja Pemetik Teh, Desa Koto Tu