

Abstrak

Gambaran Kejadian *Carpal Tunnel Syndrome* Pada Pemain *Game Online* di *Game Net*

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Latar Belakang : *Carpal Tunnel Syndrome* (CTS) merupakan keadaan di mana pergelangan tangan dan jari tangan terasa sakit, mati rasa, atau kesemutan yang ditandai dengan terjebaknya saraf media yang ada di pergelangan tangan. CTS sering dikaitkan dengan bermain *game online* karena gerakan statis dan repetitif tangan dan pergelangan tangan menggunakan *keyboard*, *mouse*, dan *joystick* dalam waktu lama bisa meningkatkan risiko terjadinya CTS. Kejadian CTS harus ditangani dengan baik karena rasa nyeri yang timbul pada pergelangan tangan bisa menurunkan produktivitas. Tujuan dilakukan penelitian ini yaitu untuk mengetahui gambaran Kejadian *Carpal Tunnel Syndrome* (CTS) pada pemain *game online* di *Game Net*.

Metodologi : Penelitian ini menggunakan penelitian kuantitatif dengan metode deskriptif. Penelitian ini menggunakan instrumen *Boston Carpal Tunnel Syndrome Questionnaire* (BCTSQ) yang dikembangkan Levine (1993) dan pemeriksaan fisik berupa Phalen Test. Penelitian ini menggunakan desain penelitian *cross sectional* dan teknik sampling berupa *accidental sampling* dengan analisis univariat. Pada penelitian ini terdapat 113 responden.

Hasil Penelitian : Hasil penelitian ini menunjukkan bahwa dari 113 responden mayoritas memiliki gejala ringan dengan skor antara 12 – 22 sebanyak 76 orang (67,3%) dan mayoritas responden memiliki hasil test Phalen negatif sebanyak 70 orang (61,9%).

Kesimpulan : Berdasarkan penelitian yang telah dilakukan, didapatkan kesimpulan bahwa mayoritas pemain *game online* di *Game Net* memiliki gejala ringan *Carpal Tunnel Syndrome* dan negatif Test Phalen.

Kata Kunci : CTS, *Game Online*, *Game Net*, BCTSQ

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Abstract

Overview of the Incidence of Carpal Tunnel Syndrome in Online Game Players at Game Net

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Background: Carpal Tunnel Syndrome (CTS) is a condition in which the wrist and fingers feel pain, numbness, or tingling characterized by trapping the media nerve in the wrist. CTS is often associated with online gaming because static and repetitive movements of the hands and wrists using keyboards, mice and joysticks for long periods of time can increase the risk of CTS. The occurrence of CTS must be handled properly because the pain that arises in the wrist can reduce productivity. The purpose of this study was to determine the incidence of Carpal Tunnel Syndrome (CTS) in online game players at Game Net.

Methodology: This study uses quantitative research with descriptive methods. This study used the Boston Carpal Tunnel Syndrome Questionnaire (BCTSQ) instrument developed by Levine (1993) and physical examination in the form of the Phalen Test. This study used a cross sectional research design and sampling technique in the form of accidental sampling with univariate analysis. In this study there were 113 respondents.

Research Results: The results of this study showed that of the 113 respondents the majority had mild symptoms with a score between 12-22 as many as 76 people (67.3%) and the majority of respondents had negative Phalen test results as many as 70 people (61.9%).

Conclusion: Based on the research that has been done, it can be concluded that the majority of online game players at Game Net have mild symptoms of Carpal Tunnel Syndrome and negative Phalen Test.

Keywords: CTS, Online Games, Game Net, BCTSQ

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