

# Hubungan tingkat pengetahuan ergonomi dengan keluhan carpal tunnel syndrome (CTS) pada pekerja di proyek X = The correlation between ergonomics knowledge level and carpal tunnel syndrome (CTS) complaints on workers at project X

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## Abstrak

### **ABSTRAK**

Peningkatan jumlah pekerja konstruksi sebagai populasi berisiko berdampak pada munculnya berbagai penyakit akibat kerja, diantaranya keluhan Carpal Tunnel Syndrome. Pengetahuan ergonomi yang rendah dapat menjadi faktor munculnya keluhan Carpal Tunnel Syndrome. Tujuan penelitian ini adalah untuk mengetahui hubungan tingkat pengetahuan ergonomi dengan keluhan Carpal Tunnel Syndrome pada pekerja di Proyek X. Desain penelitian menggunakan studi cross-sectional dengan melibatkan 140 responden pekerja konstruksi yang diambil melalui teknik Accidental Sampling. Tingkat pengetahuan ergonomi dan keluhan Carpal Tunnel Syndrome diukur menggunakan kuesioner modifikasi penelitian sebelumnya. Hasil analisis Chi Square menunjukkan terdapat hubungan antara tingkat pengetahuan ergonomi dengan keluhan Carpal Tunnel Syndrome p value= 0,035 . Kesimpulan penelitian ini adalah terdapat hubungan antara tingkat pengetahuan ergonomi dengan keluhan Carpal Tunnel Syndrome pada pekerja di Proyek X. Hasil penelitian merekomendasikan dilakukannya upaya promotif dan preventif untuk meningkatkan pengetahuan ergonomi pekerja dan mengurangi angka keluhan Carpal Tunnel Syndrome.

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The increase of construction workers as at risk population have an impact on the emergence of occupational diseases, including Carpal Tunnel Syndrome complaints that often experienced by construction workers. Low knowledge level of ergonomics can be a risk factor of Carpal Tunnel Syndrome complaints. The purpose of this research was to find the relationship between ergonomics knowledge level and Carpal Tunnel Syndrome complaints in Project X workers. This research used cross sectional study design which involved 140 construction workers used Accidental Sampling technique. Ergonomics knowledge level and Carpal Tunnel Syndrome complaints measured by modified questionnaire from previous research. The result used Chi Square test showed there was a relationship between ergonomics knowledge level and Carpal Tunnel Syndrome complaints p value 0,035 . The conclusion of study was there is a relationship between ergonomics knowledge level and Carpal Tunnel Syndrome on workers of Project X. This research recommends promotional and preventive efforts to increase ergonomics knowledge of workers and reduce the number of Carpal Tunnel Syndrome complaints.