Gerakan tangan berulang Dorso-Ante-Laterofleksi, masa kerja dan riwayat pekerjaan terhadap risiko tenosinovitis pergelangan tangan pada pekerja wanita perusahaan kaset video PT M di Cikarang

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Abstrak

Latar belakang: Pada ban berjalan terdapat gerakan tangan berulang dorso-antelaterofleksi. Gerakan berulang akan menimbulkan gejala tenosinovitis pergelangan tangan. Oleh karena, itu perlu diidentifikasi dari faktor-faktor risiko terhadap tenosinovitis.

Metode: Desain penelitian adalah studi kasus-kontrol. Kasus adalah subyek dengan gejala tenosinovitis antara lain nyeri pergelangan dan tes Finkelstein positif, dan kontrol adalah subyek tanpa gejala tenosinovitis. Suyek adalah semua karyawan bagian produksi PT M di Cikarang. Penelitian dilakukan bulan Februari- Maret 2003.

Hasil: Subyek penelitian terdiri dari 329 orang pekerja dan ditemukan 89 orang menderita tenosinovitis. Faktor risiko yang mempengaruhi tenosinovitis adalah gerakan berulang, lama kerja dan riwayat pekerjaan. Bila dibandingkan dengan yang tidak melakukan gerakan berulang maka gerakan berulang meningkatkan risiko tenosinovitis 3 kali lipat (Odds ratio (OR) suaian-3,15; 95% Confiden interval (CI)-1,60-6,17). Bila dibandingkan dengan masa kerja kurang dart 3 tahun, masa kerja lebih dart 3 tahun meningkatkan risiko tenosinovitis 2,3 kali lipat (OR suaian=2,31; 95% CI=1,29-4,l2). Bila dibandingkan dengan pekerja yang belum pernah bekerja, yang pernah bekerja di bagian asembling meningkatkan risiko tenosinovitis 2 kali lipat (OR suaian=2,04; 95% CIM1,13-3,69). Sedangkan indeks masa tubuh, jabatan, jenis pekerjaan, posisi tangan, jenis gerakan Langan tidak terbukti mempengaruhi tenosinovitis.

Kesimpulan: Gerakan berulang, masa kerja dan riwayat pekerjaan meningkatkan risiko tenosinovitis. Untuk menurunkan risiko tenosinovitis perlu melakukan rotasi kerja sebelum masa kerja melebihi 3 tahun dan tidak menempatkan pekerja di bagian gerakan berulang bagi yang penah bekerja di bagian asembling.

<i>Repetitive Dorso-Ante-Lateroflexal Hand Movement, Period Of Work, And History Of Work Toward Risk Of The Wrist Tenosynovitis Among Women Employees In Video Cassette Factory At PT M in Cikarang Background: Repetitive dorso-ante-lateroflexal wrist movement usually occurred at assembly line jobs. It may cause symptoms of wrist tenosynovitis Therefore; it is needed to identify the risk factors related to wrist tenosynovitis.

Method: The research design was a case-control study. The case those who had symptoms of tenosynovitis (pain of wrist and Finkelstein 's test positive), and control was subject without tenosynovitis symptom. Case and control were identified through a survey toward all of PT M in Cikarang employees during February to March 2003.

Result: There were 329 employees and 89 of them suffered from wrist tenosynovitis. The risk factors that related to the occurrence of tenosynovitis were repetitive movement, period of work more than 2 years, and history of in assembly line. Compared with those who did not have repetitive movement, those with repetitive movement had an increased risk of tenosynovitis for 3 times (adjusted odds ratio (OR) =3.15; 95% Confident Interval (Cl) =1.60-6.17). Compared with those who had working period less than 3 years, they were who worked, for more than 3 years had higher risk of tenosynovitis for 2.3 times (adjusted OR=2.31; 95% CI=1.29-4.12). Compared with those who had never worked before, those with ever-worked in assembly line had an increased risk of tenosynovitis for 2 limes (adjusted OR=2.04; 95% C1=1.13-3.69). The other factors such as body mass index, types of work, profession, position of hand, types of movement, and rested of hand were not proven to be correlated with tenosynovitis.

Conclusion: Repetitive movement, period of work, history of working at assembly line an increased the risk of tenosynovitis. Therefore, it is recommended to arrange jobs among workers by rotating them after 3 years working and not to replace workers with history assembly jobs for jobs with repetitive hand movement.</i>