

ABSTRAK

Carpal Tunnel Syndrome (CTS) merupakan gangguan akibat tekanan berlebih pada nervus medianus yang sering terjadi pada pekerja dengan aktivitas gerak tangan berulang, termasuk pengemudi ojek online. Profesi ini menuntut durasi kerja panjang, postur berkendara tidak ergonomis, serta paparan getaran yang meningkatkan risiko gangguan muskuloskeletal. Penelitian ini bertujuan untuk menganalisis hubungan antara postur kerja dan durasi kerja dengan keluhan Carpal Tunnel Syndrome pada pengemudi ojek online di Kawasan Universitas Prima Indonesia Kota Medan Tahun 2025. Penelitian ini menggunakan rancangan observasional dengan pendekatan cross-sectional, melibatkan 92 responden pengemudi ojek online yang dipilih secara accidental sampling. Data dikumpulkan melalui kuesioner karakteristik responden, penilaian postur kerja, dan identifikasi CTS menggunakan gejala subjektif serta Phalen's Test. Analisis dilakukan menggunakan uji Chi-Square. Hasil penelitian menunjukkan bahwa 53 responden (57,6%) mengalami keluhan CTS, sedangkan 39 responden (42,4%) tidak mengalami CTS. Sebagian besar pengemudi memiliki postur kerja risiko rendah (48,9%), risiko sedang (19,6%), dan risiko tinggi (32,5%). Selain itu, 66,3% responden memiliki durasi kerja lebih dari 8 jam per hari. Uji statistik menunjukkan terdapat hubungan signifikan antara postur kerja dengan kejadian CTS ($p = 0,041$) dan durasi kerja dengan kejadian CTS ($p = 0,009$). Penelitian ini menyimpulkan bahwa semakin buruk postur kerja dan semakin panjang durasi kerja, maka semakin tinggi risiko terjadinya Carpal Tunnel Syndrome pada pengemudi ojek online. Pengaturan jam kerja, perbaikan ergonomi berkendara, dan edukasi kesehatan kerja diperlukan sebagai upaya pencegahan.

kata kunci : Carpal Tunnel Syndrome, Postur Kerja; Durasi Kerja, Ergonomi, Pengemudi Ojek Online.

ABSTRAC

Carpal Tunnel Syndrome (CTS) is a disorder caused by excessive pressure on the median nerve, commonly found among workers performing repetitive hand movements, including online motorcycle taxi drivers. This profession involves long working hours, non-ergonomic riding posture, and vibration exposure, increasing the risk of musculoskeletal disorders. This study aimed to analyze the relationship between working posture and working duration with the incidence of Carpal Tunnel Syndrome among online motorcycle taxi drivers in the Universitas Prima Indonesia area, Medan, in 2025. This research employed an observational analytic design with a cross-sectional approach, involving 92 respondents selected using accidental sampling. Data were collected using questionnaires on respondent characteristics, working posture assessment, and CTS identification through subjective symptoms and Phalen's Test. Data analysis was conducted using the Chi-Square test. The results showed that 53 respondents (57.6%) experienced CTS symptoms, while 39 respondents (42.4%) did not. Most drivers had low-risk working posture (48.9%), followed by moderate risk (19.6%) and high risk (32.5%). Additionally, 66.3% of respondents worked more than 8 hours per day. Statistical results demonstrated a significant relationship between working posture and CTS ($p = 0.041$) and a significant relationship between working duration and CTS ($p = 0.009$). In conclusion, poor working posture and longer working duration increase the risk of developing Carpal Tunnel Syndrome among online motorcycle taxi drivers. Improvements in ergonomic riding practices, working time regulation, and occupational health education are necessary to reduce CTS risk.

Keywords : Carpal Tunnel Syndrome, Working Posture, Working Duration, Ergonomics, Online Motorcycle Taxi Drive