

Prevalensi sindrom terowongan karpal serta faktor yang berhubungan pada pekerja call center PT. X, Jakarta 2009 = Carpal tunnel syndrome prevalence and other related factor among call center worker PT.X, Jakarta 2009

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Abstrak

Latar belakang: Sindrom Terowongan Karpal merupakan salah satu penyebab timbulnya kelainan tangan yang paling cepat pada pekerja yang menyebabkan penurunan produktivitas dan peningkatan biaya pengobatan pekerja. Pekerja call center menggunakan komputer sebagai sarana bekerja diperkirakan menderita Sindrom Terowongan Karpal cukup besar, angka pasti belum didapatkan karena hal ini kurang mendapat perhatian.

Metode: Penelitian ini menggunakan metode Potong lintang, data diambil dari pekerja call center PTX, pengambilan data selama bulan februari-maret 2009. menggunakan total sampel, didapatkan 153 pekerja, 9 tidak bersedia menjadi responden dan 27 dieksekusi sehingga didapatkan jumlah responden 117 pekerja. Hasil dan kesimpulan penelitian: Diperoleh bahwa prevalensi STK call center sebesar 5,9%, umur 21-30 tahun sebesar 96,6%, jenis kelamin perempuan sebesar 62,4%, pendidikan S1 sebesar 65,0%, IMT normal sebesar 52,9%, masa kerja >2 tahun sebesar 60,7%, tidak pernah mengikuti pelatihan K3 sebesar 96,6%, tidak menggunakan APD sebesar 98,3, tidak melakukan stretching sebesar 88,9%, ditemukan hubungan yang bermakna antara STK dengan pelatihan K3 ($p=0,033$) dengan OR 0,002 (CI 95% = 0,0- 0,6).

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Background: Carpal Tunnel Syndrome is one of the fastest causes of hand dysfunction among workers which is causing decrease in productivities and increase in worker's costs therapy. call centers workers are using computers as an occupational instruments are estimated to suffer carpal Tunnel Syndrome in big number, the exact number is not yet known because the lack of attention.

Methods: The study used the cross-sectional method, from call center PT.X, data was taken from PT X call center workers during February -march 2009. used total sample method, found 153 workers, 9 workers refused from being response, and 27 workers were excluded, 117 workers were found as the total response.

Results and conclusion: The study show that CTS call center prevalence was 5,9%. The Age group of 21-30 years was 96,6%, female were 62,4%, 65% had bachelor degree, 52,9% had normal BMI, 60,7% had worked over 2 years, 96,6% had never followed occupational health and safety training, 98,3% found never used PPE, 88,9%-4 had never done stretching activities, significant association was found between CTS with occupational health and safety training ($p=0,033$) dengan OR 0,002 (CI 95% = 0,0- 0,6).