

ABSTRAK

Latar Belakang: Perkuliahan tahun 2020 yang kita lewati secara daring karena pandemi Covid 19, kini telah kembali luring seperti sedia kala. Kembalinya metode pembelajaran dan penugasan seperti sediakala meningkatkan durasi penggunaan tangan untuk menulis. Durasi penggunaan tangan dalam waktu yang lama dan repetitif dapat memengaruhi tangan dan pergelangan tangan bahkan dapat menimbulkan kelainan patologis. Penekanan pada saraf di pergelangan tangan yang dapat memunculkan keluhan seperti pegal, nyeri, kebas, dan lemah. Gejala tadi 90% merujuk kepada satu kelainan patologis, yakni Carpal Tunnel Syndrome (CTS).

Tujuan: Mengetahui hubungan antara aktivitas menulis terhadap keluhan subjektif CTS menggunakan subjek penelitian mahasiswa Jurusan Kedokteran Umum Fakultas Kedokteran Universitas Diponegoro.

Metode: Penelitian ini bersifat analitik dengan metode belah lintang (*cross sectional*) dengan sampel penelitian ini adalah 99 mahasiswa aktif Jurusan Kedokteran Umum Fakultas Kedokteran Universitas Diponegoro semester 2, 4, dan 6. Signifikansi data dilakukan dengan menggunakan *crosstabs* uji Spearman.

Hasil: Terdapat subjek penelitian yang mengalami keluhan subjektif CTS berdasarkan BCTS-Q, yakni sebanyak 69,7 % berderajat ringan, 4% berderajat sedang, dan 1% berderajat sangat parah. Tidak didapatkan hubungan antara durasi dan frekuensi menulis dengan keluhan subjektif CTS. Tidak terdapat hubungan antara variabel perancu yakni waktu lama waktu istirahat di sela-sela menulis dengan keluhan subjektif CTS.

Kesimpulan: Tidak terdapat hubungan antara durasi dan frekuensi menulis dengan keluhan subjektif CTS

Kata Kunci : CTS, durasi, intensitas, menulis, gerakan repetitif

ABSTRACT

Background : *The 2020 lectures that we passed online due to the Covid 19 pandemic, have now returned to offline as before. Return of learning methods and assignments as before increased the duration of using hands to write. Duration of hand use for a long time and repetitive can affect the hands and wrists become pathological abnormalities. Emphasis on the nerves in the wrist that can cause complaints such as aches, pain, numbness, and weakness. These symptoms 90% refer to one pathological called Carpal Tunnel Syndrome (CTS).*

Aim: *To asses the correlation between duration and intensity of writing towards subjective CTS complaint among the medical students of Diponegoro University.*

Methods :*This is used an analytical with a cross-sectional method. The sample were 99 active students of medical students of Diponegoro University on 2nd, 4th, and 6th grade. Data analyses were performed using the Spearman test.*

Result: *There are subjects who experience subjective CTS complaint based on BCTS-Q, which 69.7% with mild degrees, 4% with moderate degrees, and 1% with very severe degrees. There's no relationship found between the duration and intensity of writing with subjective CTS complaints. There's no relationship between the length of rest time between writing and subjective CTS complaints.*

Conclusion: *There was no relationship between duration and frequency of writing and subjective CTS complaints.*

Keywords : *CTS, duration, intensity, writing, repetitive movements*