

HUBUNGAN GERAKAN DOMINAN DAN DURASI BERMAIN VIDEO GAME PADA SMARTPHONE TERHADAP KELUHAN SUBJEKTIF CARPAL TUNNEL SYNDROME

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ABSTRAK

Latar Belakang: *Video game* pada *smartphone* berkembang sangat masif karena memiliki mobilitas yang praktis dan terjangkau untuk masyarakat. Pemain kerap menghabiskan waktu lama dengan posisi statis dengan gerakan repetisi selama bermain *video game* pada *smartphone*. Hal ini kerap menimbulkan beberapa kondisi yang menjadi gejala *carpal tunnel syndrome* (CTS).

Tujuan: Tujuan penelitian ini untuk mengetahui hubungan gerakan dominan dan durasi bermain *video game* pada *smartphone* terhadap keluhan CTS.

Metode: Penelitian analitik dengan desain *cross-sectional* menggunakan kuesioner *Boston Carpal Tunnel Questionnaire* (BCTQ) dengan subjek penelitian Mahasiswa Kedokteran Universitas Diponegoro Angkatan 2020 dan 2021 sebanyak 97 responden. Signifikansi data dilakukan dengan menggunakan *crosstabs* uji Spearman.

Hasil: Terdapat responden yang mengalami keluhan subjektif berdasarkan BCTQ sebanyak 54,1% berderajat ringan. Tidak didapatkan hubungan antara gerakan dominan yang dimainkan pemain *video game* pada *smartphone* terhadap keluhan subjektif CTS. Terdapat hubungan antara durasi bermain *video game* pada *smartphone* terhadap keluhan subjektif CTS.

Kesimpulan: Tidak didapatkan hubungan antara gerakan dominan yang dimainkan pemain *video game* pada *smartphone* terhadap keluhan subjektif CTS dan didapatkan hubungan antara durasi bermain *video game* pada *smartphone* terhadap keluhan subjektif CTS

Kata Kunci: CTS, durasi, gerakan dominan, *video game*, gerakan berulang

ABSTRACT

Background: *Video games on smartphone have developed massively due their practical mobility and affordability for the public. Player often spend long periods in static position with repetitive movement while playing video game on smartphone. This often leads to several conditions that are symptoms of carpal tunnel syndrome (CTS)*

Aim: *To asses the correlation between dominant movement and duration of playing video game on smartphone towards subjective CTS complaint among Medical Student of Diponegoro University*

Method: *This is used an analytical with a cross-sectional method with boston carpal tunnel questionnaire (BCTQ) among 97 respondents as research subjects from Medical Student of Diponegoro University on class year 2020 and 2021. Data analyses were performed using the Spearman test.*

Result: *There are 54,1% of respondents experienced mild subjective CTS complaints based on BCTQ. There was no relationship between dominant movement of playing video game on smartphone with subjective CTS complaints. There was relationship between duration of playing video game on smartphone towards subjective CTS complaints.*

Conclusions: *There was no relationship between dominant movement of playing video game on smartphone with subjective CTS complaints. There was relationship between duration of playing video game on smartphone towards subjective CTS complaints.*

Keywords: *CTS, duration, dominant movement, video game, repetitive movement*