

ABSTRAK

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Gambaran Kemampuan Fungsional Tangan Penderita *Carpal Tunnel Syndrome* Pada Atlet *Esports Game Online Mobile* Di UIN Pekalongan

Pendahuluan: *Esports* semakin populer dengan jumlah gamers yang terus meningkat, didorong oleh gaji tinggi atletnya. Namun, atlet *esports* rentan mengalami gangguan kesehatan seperti *carpal tunnel syndrome*, yang dapat menurunkan fungsi tangan. *Esports* melibatkan motorik halus dan koordinasi mata-tangan. Untuk menjaga performa, atlet perlu melakukan latihan peregangan, penguatan otot kecil, dan reaksi. Penelitian ini bertujuan untuk mengetahui gambaran kemampuan fungsional tangan penderita *carpal tunnel syndrome* pada atlet *esports game online mobile* di UIN Pekalongan.

Metode: Penelitian ini menggunakan penelitian *kualitatif*, dengan desain penelitian *deskriptif analitis*. Teknik pengambilan sampel menggunakan *total sampling* sejumlah 30 orang dengan kriteria inklusi dan eksklusi. Pemeriksaan *carpal tunnel syndrome* dengan *Boston Carpal Tunnel Questionnaire* (BCTQ) nilai uji validitas domain status fungsional didapatkan nilai r 0,495-0,825; dan 0,615-0,783 pada uji kedua. Hasil uji reliabilitas, domain status fungsional pada uji pertama sebesar 0,857 dan 0,854 pada uji kedua. Penelitian ini dilaksanakan pada tanggal 22 agustus – 24 agustus 2024. Penelitian ini dilakukan analisis data univariat.

Hasil: Dapat dilihat bahwa dari 30 responden untuk kategori nilai skala status fungsional terdapat 9 responden (30%) dengan kategori tidak ada kesulitan, 13 responden (43%) dengan kategori ringan, 6 responden (20%) dengan kategori sedang, 2 responden (7%) dengan kategori berat.

Diskusi: Gambaran kemampuan fungsional tangan berdasarkan *Boston Carpal Tunnel Questionnaire* mendapatkan hasil terbanyak pada kategori nilai skala status fungsional sebanyak 13 responden (43%).

Kata Kunci: Atlet *esports game online mobile*, *Carpal Tunnel Syndrome*, Kemampuan fungsional tangan.

Daftar Pustaka: 37 (2015-2024)

ABSTRACT

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Description of the Functional Ability of the Hands of Carpal Tunnel Syndrome Sufferers in Mobile Online Game E-sports Athletes at UIN Pekalongan

Introduction: nowadays, E-sport is becoming increasingly popular with the number of gamers continuing to increase, and driven by the high salaries of its athletes. However, the athletes are susceptible to health problems such as carpal tunnel syndrome, which can reduce hand function. Furthermore, it involves fine motor skills and hand-eye coordination. To maintain performance, athletes need to do stretching, small muscle strengthening, and reaction exercises. This research aims to describe the functional abilities of the hands of carpal tunnel syndrome sufferers in mobile online game esports athletes at UIN Pekalongan.

Method: the research was qualitative and applied analytical descriptive research design. Meanwhile, there were thirty people selected as the sample by total sampling technique with inclusion and exclusion criteria. Carpal tunnel syndrome examination with Boston Carpal Tunnel Questionnaires (BCTQ, functional status domain validity test value, it obtained r value 0,495-0,825; and 0,615-0,783 in the second examination. Furthermore, reliability test results, the functional status domain in the first test obtained a value of 0.857 and 0.854 in the second one. The research was conducted from 22nd into 24th August 2024 and it was done by univariate data analysis.

Result: from thirty respondents of functional status scale value categories, there were nine respondents (30%) in the difficulty category, thirteen respondents (43%) were in the light category, six respondents (20%) were in the moderate one, and two respondents (7%) were in the weight one.

Discussion: the description of the functional ability of the hand based on the Boston Carpal Tunnel Questionnaire received the most results in the functional status scale value category with 13 respondents (43%).

Keywords: E-sports game online mobile athlete, Carpal Tunnel Syndrome, Hand functional capabilities

References: 37 (2015-2024)