

ABSTRAK

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Hubungan Antara *Smartphone Addiction* dengan Nyeri *De Quervain Syndrome* pada Mahasiswa Fakultas Ilmu Kesehatan Universitas Muhammadiyah Pekajangan Pekalongan

Pendahuluan: *Smartphone* membuat hidup lebih praktis dan efisien. Penggunaan *smartphone* yang berlebihan dan tidak terkendali dapat menyebabkan adiksi. *Smartphone addiction* menyebabkan nyeri *de quervain syndrome* akibat penggunaan berlebih. Individu yang melakukan gerakan tangan secara berulang dapat menyebabkan nyeri *de quervain syndrome*. Penelitian ini bertujuan untuk mengetahui hubungan antara *smartphone addiction* dengan nyeri *de quervain syndrome* pada mahasiswa FIKes Universitas Muhammadiyah Pekajangan Pekalongan.

Metode Penelitian: Penelitian ini adalah penelitian kuantitatif dengan penelitian korelasional melalui pendekatan *cross sectional*. Sampel berjumlah 138 responden dengan menggunakan *stratified random sampling*. Penelitian dilaksanakan tanggal 9-17 Juli 2024. Alat ukur menggunakan kuesioner *smartphone addiction scale-short version* dengan nilai validitas $>0,3$ dan nilai reliabilitas 0,740 dan *numeric rating scale* dengan nilai validitas 0,90 dan nilai reliabilitas 0,95. Analisis data uji korelasi menggunakan uji *spearman correlation* menggunakan SPSS.

Hasil Penelitian: Hasil penelitian berdasarkan uji *spearman correlation* mendapatkan *p-value* 0,003 dengan nilai kekuatan korelasi $r=0,254$ dengan nilai keeratan lemah dengan arah positif.

Diskusi: Ada hubungan antara *smartphone addiction* dengan nyeri *de quervain syndrome* pada mahasiswa FIKes Universitas Muhammadiyah Pekajangan Pekalongan. Mahasiswa perlu diberikan edukasi untuk mengurangi penggunaan *smartphone* yang berlebihan serta dapat memberikan intervensi pada mahasiswa yang mengalami nyeri *de quervain syndrome* agar dapat mengurangi nyeri.

Kata Kunci: Nyeri *De Quervain Syndrome*, Mahasiswa, *Smartphone Addiction*
Daftar Pustaka: 54 (2014-2024)

ABSTRACT

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The Correlation between Smartphone Addiction and De Quervain Syndrome Pain in Students of the Faculty of Health Sciences, University of Muhammadiyah Pekajangan Pekalongan

Introduction: As we know a smartphone makes our life more practical and efficient. Excessive and uncontrolled use of smartphones can cause addiction. Moreover, smartphone addiction causes pain de quervain syndrome due to excessive use. Ones who make repetitive hand movements can cause de quervain syndrome pain. The study aims to determine the correlation between smartphone addiction and de quervain syndrome pain in students of the Faculty of Health Sciences, University of Muhammadiyah Pekajangan Pekalongan.

Method: It is correlational quantitative study with cross sectional approach. 138 respondents were selected using stratified random sampling. Furthermore, it conducted at 9th-17th of July 2024. The measuring tool uses the smartphone addiction scale-short version questionnaire with a validity value of >0.3 and a reliability value of 0.740 and a numeric rating scale with a validity value of 0.90 and a reliability value of 0.95. Meanwhile, analysis of correlation test data using the spearman correlation test supported by SPSS.

Result: The result stated p -value 0,003 with a correlation strength value of $r=0.254$ with a weak correlation value in the positive direction.

Discussion: There is a correlation between smartphone addiction and de quervain syndrome pain in students of Faculty of Health Sciences, Univerity of Muhammadiyah Pekajangan Pekalongan. Students need to be given education to reduce excessive use of smartphones and provide interventions for students who experience de quervain syndrome pain in order to reduce pain.

Keywords: De Quervain Syndrome Pain, Students, Smartphone Addiction

References: 54 (2014-2024)