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ABSTRAK

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Faktor Risiko Kejadian *De Quervain Syndrome* pada Pemain *Game Online Mobile Legends Bang Bang*

Pendahuluan: Era globalisasi berpengaruh terhadap perkembangan teknologi seperti internet. Internet tidak hanya digunakan untuk mencari informasi namun juga sebagai sarana hiburan seperti bermain *game online*. *Game online* yang paling digemari oleh remaja salah satunya *mobile legends bang bang*. Memainkan *game mobile legends bang bang* secara berlebihan dapat menyebabkan terjadi risiko cedera berulang yang menuju ke *de quervain syndrome*.

Tujuan: Penelitian ini bertujuan untuk mengetahui faktor risiko kejadian *de quervain syndrome* di UKM *E-sport* ITS NU Pekalongan.

Metode Penelitian: Penelitian ini menggunakan metode kuantitatif dengan desain penelitian *observasional analitik* dengan pendekatan *cross sectional*. Populasi anggota UKM *E-sport* Institut Teknologi dan Saint NU Pekalongan sejumlah 60. Sampel 53 sesuai dengan kriteria inklusi dan eksklusi dari total populasi. Analisis data menggunakan uji *fisher*.

Hasil Penelitian: Hasil penelitian ini, dimana usia dengan kategori remaja akhir sebanyak 42 (79%). Durasi bermain *game online* sebanyak 44 (83%) dalam kategori *high player*. Terdapat 38 responden (72%) positif mengalami *de quervain syndrome* dibuktikan dengan *finkelstein test*. Berdasarkan analisis data menggunakan uji *fisher* didapatkan *p value* 0,040 untuk hubungan usia dengan *de quervain syndrome* dan *p value* 0,037 untuk hubungan durasi dengan *de quervain syndrome*.

Simpulan: Ada hubungan antara usia dengan *de quervain syndrome* dan ada hubungan antara durasi bermain *game online* dengan *de quervain syndrome*

Saran: Hasil penelitian ini dapat menjadi referensi dan pemahaman fisioterapi ergonomi dan muskuloskeletal terkait kasus *de quervain syndrome* yang diakibatkan oleh usia dan durasi bermain *game online*.

Kata kunci : *Game Online, Mobile Legends Bang Bang, De Quervain Syndrome*

Daftar Pustaka: 49 (2013-2022)

ABSTRACT

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The Risk Factors for De Quervain Syndrome among Mobile Legends Bang Bang Online Game Players

The Introduction: The era of globalization has been influenced by technological developments such as the internet. The internet is not only used to find information but also entertainment such as online games. One of the most popular online games among teenagers is Mobile Legends, bang bang. Playing the mobile legends bang bang game excessively can cause a risk of repeated injuries leading to de quervain syndrome.

The Purpose: This study aimed to determine the risk factors for the occurrence of de Quervain syndrome in UKM E-sport ITS NU Pekalongan.

The Method: This study used a quantitative method with an analytic observational research design with a cross-sectional approach. The population of UKM E-sport UKM Institute of Technology and Saint NU Pekalongan is 60. The sample of 53 corresponds to the inclusion and exclusion criteria of the total population. Data analysis used Fisher's test.

The Results: The results of this study showed that the age of the late adolescent category was 42 (79%). The duration of playing online games was 44 (83%) in the high player category. There were 38 respondents (72%) who had positive de Quervain syndrome as evidenced by the Finkelstein test. Based on data analysis using the Fisher test, it was found that the p-value was 0.040 for the correlation between age and de Quervain syndrome and a p-value of 0.037 for the correlation between duration and de Quervain syndrome.

The Conclusion: There is a correlation between age and de Quervain syndrome and there is a correlation between the duration of playing online games and de Quervain syndrome.

The Suggestion: The results of this study can be a reference and understanding of ergonomics and musculoskeletal physiotherapy related to de Quervain syndrome cases caused by age and duration of playing online games.

Keywords: Online Games, Mobile Legends Bang Bang, De Quervain Syndrome

Bibliography: 49 (2013-2022)