

ABSTRAK

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Gambaran Status Fungsional Carpal Tunnel Syndrome (CTS) Pada Ibu Hamil di Desa Dadirejo dan Karanganyar

Latar Belakang: *Carpal Tunnel Syndrome* (CTS) merupakan keterlibatan saraf median di pergelangan tangan menyebabkan mati rasa, perasaan seperti tertusuk dan kebas disepanjang jalur saraf medianus. Peningkatan retensi cairan, kadar lemak pada Ibu hamil dapat menyebabkan pembengkakan di area tertentu seperti tangan, jari, dan kaki berpotensi menekan saraf disekitarnya, tekanan tersebut dapat menyebabkan permasalahan salah satunya *Carpal Tunnel Syndrome* (CTS). Penelitian ini untuk mengetahui gambaran skala status fungsional carpal tunnel syndrome pada ibu hamil di Desa Dadirejo dan Karanganyar

Metode Penelitian: Penelitian ini menggunakan metode penelitian kuantitatif dengan pendekatan deskriptif, jenis penelitian ini merupakan *cross-sectional* dengan sistematis melalui observasi. Teknik pengambilan sampel menggunakan total sampling yang sesuai dengan kriteria inklusi dan eksklusi. Penelitian ini menggunakan uji Univariat dengan 43 responden.

Hasil: Hasil penelitian menunjukkan variasi tingkat kesulitan yang dialami ibu hamil dalam melakukan berbagai aktivitas sehari-hari berdasarkan skala status fungsional yakni sebanyak 67.4%, diikuti dengan kesulitan ringan 18.6%, dan kesulitan berat 14%. Aktivitas yang paling terganggu yakni pekerjaan rumah tangga dan menulis yang mengindikasikan bahwa CTS memberikan dampak yang substansial terhadap kemampuan fungsional ibu hamil.

Diskusi: Berdasarkan status fungsional CTS mayoritas ibu hamil tingkat kesulitan pada aktivitas melakukan pekerjaan rumah dengan kategori kesulitan sedang.

Kata Kunci: *Fisioterapi, Ibu hamil, carpal tunnel syndrome, aktivitas fungsional*

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ABSTRACT

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Overview of the Functional Status of Carpal Tunnel Syndrome (CTS) in Pregnant Women in Dadirejo and Karanganyar Villages

Background: Carpal Tunnel Syndrome (CTS) is an involvement of the median nerve in the wrist, causing numbness, a feeling of being stabbed and numbness along the median nerve pathway. Increased fluid retention and fat levels in pregnant women can cause swelling in certain areas such as hands, fingers, and feet, potentially compressing the nerves around them. This pressure can cause problems, one of which is Carpal Tunnel Syndrome (CTS). This study aims to determine the overview of the functional status scale of carpal tunnel syndrome in pregnant women in Dadirejo and Karanganyar Villages.

Research Method: This study uses a quantitative research method with a Descriptive approach, this type of research is cross-sectional with systematic observation. The sampling technique uses total sampling in accordance with the inclusion and exclusion criteria. This study used a Univariate test with 43 respondents.

Results: The results of the study showed that the level of difficulty experienced by pregnant women in carrying out various daily activities based on the functional status scale was 67.4%, followed by mild difficulty at 18.6% and severe difficulty at 14%. The most disrupted activities were housework and writing, which indicated that CTS had a substantial impact on the functional abilities of pregnant women.

Discussion: Based on the CTS functional status, the majority of pregnant women have difficulty in doing homework activities with moderate difficulty.

Keywords: Physiotherapy, Pregnant women, carpal tunnel syndrome, functional activity

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