

HUBUNGAN KECANDUAN *GAME ONLINE* TERHADAP *CARPAL TUNNEL SYNDROM* PADA ANAK USIA SEKOLAH DI SD NEGERI 1 SINDANGKASIH CIAMIS

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ABSTRAK

Latar belakang: Game online merupakan permainan yang dapat dimainkan oleh banyak orang pada waktu bersamaan melalui jaringan internet. Dampak positif dari bermain game online adalah dapat menghilangkan stres akibat rutinitas, cepat menyelesaikan soal permasalahan dan tanggap akan cepatnya perkembangan teknologi, sedangkan dampak negatifnya adalah kecanduan dimana akan berpengaruh terhadap aktifitas fungsional dari tangan saat memegang handphone, salah satu kejadian yang bisa muncul dari hal tersebut adalah adanya *Carpal Tunnel Syndrome* yang menyebabkan nyeri. **Tujuan:** Penelitian ini bertujuan untuk mengetahui gambaran kecanduan *game online* dan kejadian *Carpal Tunnel Syndrome* serta hubungan kecanduan *game online* terhadap kejadian *Carpal Tunnel Syndrome* pada siswa SD Negeri 1 Sindangkasih Ciamis. **Metodologi:** Jenis penelitian yang saya gunakan dalam penelitian ini adalah analitik dengan pendekatan Cross Sectional. Teknik pengambilan sampel dari 86 populasi siswa SD Negeri 1 Sindangkasih dilakukan dengan Teknik *purposive sampling*. Pengukuran *Carpal Tunnel Syndrome* menggunakan *Carpal Tunnel Syndrome Questionnaire* dan didukung dengan *Carpal Tunnel Syndrome Diagrams* dan pengukuran kecanduan *game online* menggunakan *Game Addiction Scale*. **Hasil:** Berdasarkan uji Spearman's rho Test menunjukkan bahwa nilai Asymp. Sig (2-sided) = 0,817 pada uji hubungan tersebut > 0,05 yang menunjukkan bahwa ada hubungan antara kecanduan *game online* terhadap kejadian *Carpal Tunnel Syndrome* pada siswa SD Negeri 1 Sindangkasih Ciamis. **Kesimpulan:** Adapun kesimpulan berdasarkan data yang diperoleh 62,8% siswa kecanduan *game online* dengan 76,7% siswa mengalami kejadian *Carpal Tunnel Syndrome* sehingga ada hubungan antara kecanduan *game online* terhadap kejadian *Carpal Tunnel Syndrome* pada siswa SD Negeri 1 Sindangkasih Ciamis.

Kata Kunci : Kecanduan, Game Online, *Carpal Tunnel Syndrome*

**THE RELATIONSHIP OF ONLINE GAME ADDICTION TO CARPAL
TUNNEL SYNDROME IN SCHOOL-AGE CHILDREN AT SD NEGERI 1
SINDANGKASIH CIAMIS**

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ABSTRACT

Background: Online games are games that can be played by many people at the same time via the internet network. The positive impact of playing online games is that it can relieve stress due to routine, quickly solve problems and be responsive to the rapid development of technology, while the negative impact is addiction which will affect the functional activities of the hands when holding a cellphone, one of the incidents that can arise from this. is the presence of Carpal Tunnel Syndrome which causes pain. **Objective:** This study aims to determine the description of online game addiction and the incidence of Carpal Tunnel Syndrome as well as the relationship between online game addiction and the incidence of Carpal Tunnel Syndrome in students at SD Negeri 1 Sindangkasih Ciamis. **Methodology:** The type of research I used in this research was analytical with a cross sectional approach. The sampling technique from the 86 student population of SD Negeri 1 Sindangkasih was carried out using a purposive sampling technique. Carpal Tunnel Syndrome was measured using the Carpal Tunnel Syndrome Questionnaire and supported by Carpal Tunnel Syndrome Diagrams and online game addiction was measured using the Game Addiction Scale. **Results:** Based on the Spearman's rho test, it shows that the Asymp. Sig (2-sided) = 0.817 in the relationship test > 0.05 which shows that there is a relationship between online game addiction and the incidence of Carpal Tunnel Syndrome in students at SD Negeri 1 Sindangkasih Ciamis. **Conclusion:** The conclusion is based on the data obtained that 62.8% of students are addicted to online games with 76.7% of students experiencing Carpal Tunnel Syndrome, so there is a relationship between online game addiction and the incidence of Carpal Tunnel Syndrome in students at SD Negeri 1 Sindangkasih Ciamis.

Keywords: Addiction, Online Games, Carpal Tunnel Syndrome