

**PROGRAM STUDI S1 KEPERAWATAN  
FAKULTAS KEPERAWATAN  
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

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Pengaruh Metode *Hand Exercise* Terhadap Nyeri *Carpal Tunnel Syndrome* Dalam Penggunaan *Smartphone* Pada Remaja di S1 Keperawatan IKes Payung Negeri Pekanbaru

xiii+ 111 Halaman + 12 Tabel + 2 Skema + 3 Gambar + 14 Lampiran

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**ABSTRAK**

CTS (*Carpal tunnel syndrome*) adalah kondisi medis yang disebabkan oleh kompresi saraf median di terowongan karpal karena proses degenerasi atau penggunaan tangan yang berlebihan. Tujuan penelitian ini untuk Menganalisis pengaruh metode *hand exercise* terhadap nyeri *carpal tunnel syndrome* dalam penggunaan *smartphone* pada remaja di S1 keperawatan IKes Payung Negeri Pekanbaru. Metode penelitian ini yaitu kuantitatif, dengan desain *quasy eksperimen* dengan pendekatan *one group pre-test* dan *post-test without control design*. Teknik pengambilan sampel ini adalah *stratified random sampling* dengan jumlah responden 18 dengan menggunakan alat ukur nyeri yaitu *Numerical Rating Scale* (NRS). Intervensi ini dilakukan selama 7 hari dari tanggal 13-19 Mei 2024. Hasil uji *statistic dengan uji Wilcoxon* menunjukkan *p-value*=0,000 ( *p value* < 0,05 ) yang artinya terdapat perbedaan sebelum dan sesudah diberikan metode *hand exercise*. Sehingga dapat disimpulkan ada pengaruh metode *hand exercise* terhadap nyeri *carpal tunnel syndrome* dalam penggunaan *smartphone* pada remaja di S1 keperawatan IKes Payung Negeri Pekanbaru.

Kata kunci : *Carpal tunnel syndrome*, metode *hand exercise*  
Referensi : 53 (2012-2023)

**NURSING PROGRAM  
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*Influence of Hand Exercise Methods on Carpal Tunnel Syndrome Pain in Smartphone Use Among Adolescents at the S1 Nursing Program, IKes Payung Negeri Pekanbaru*

**xiii + 111 Pages + 12 Tables + 2 Schemes + 3 Images + 14 Attachments**

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**ABSTRACT**

*CTS (Carpal tunnel syndrome) is a medical condition caused by compression of the median nerve in the carpal tunnel due to the degeneration process or excessive use of the hand). The aim of this research is to analyze the effect of the hand exercise method on carpal tunnel syndrome pain in using smartphones in teenagers at the Bachelor of Nursing IKes Payung Negeri Pekanbaru. This research method is quantitative, with a quasi-experimental design with a one group pre-test and post-test without control design approach. This sampling technique was stratified random sampling with a total of 18 respondents using a pain measurement tool, namely the Numerical Rating Scale (NRS). This intervention was carried out for 7 days from 13-19 May 2024. The results of statistical tests using the Wilcoxon test showed  $p\text{-value} = 0.000$  ( $p\text{ value} < 0.05$ ), which means there was a difference before and after the hand exercise method was given. So it can be concluded that there is an influence of the hand exercise method on carpal sunnel syndrome pain in the use of smartphones in teenagers at the Bachelor of Nursing IKes Payung Negeri Pekanbaru.*

**Key words** : Carpal tunnel syndrome, hand exercise method

**Reference** : 53 (2012-2023)