

**THE RELATIONSHIP BETWEEN WRIST POSTURE AND LENGTH OF
SERVICE WITH CARPAL TUNNEL SYNDROME COMPLAINTS
AMONG ONLINE DRIVERS**

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ABSTRACT

Background: *The rapid growth of digital-based transportation has increased the number of online drivers in Indonesia. This profession carries a risk of Carpal Tunnel Syndrome (CTS), which is caused by repetitive movements, non-ergonomic working postures, and prolonged work duration. Therefore, this study aims to analyze the relationship between wrist driving posture and work duration with CTS complaints among online drivers.* **Objective:** *To analyze whether there is a relationship between wrist driving posture and length of service with CTS complaints among online drivers.* **Methods:** *This study used an analytical observational design with a cross-sectional approach. A total of 63 online drivers in Surakarta were selected through purposive sampling. Wrist driving posture was measured using the Rapid Upper Limb Assessment (RULA), work duration was assessed via a questionnaire, and CTS complaints were evaluated using the Boston Carpal Tunnel Syndrome Questionnaire (KSTK-B).* **Results:** *Spearman Rank and Chi-Square correlation tests showed a significant relationship between driving posture and CTS complaints ($p=0.001$). There was also a significant relationship between work duration and CTS complaints ($p=0.000$).* **Conclusion:** *There is a significant relationship between wrist driving posture and work duration with CTS complaints among online drivers.* **Keywords:** *boston carpal tunnel syndrome questionnaire carpal tunnel syndrome, driving posture, length of service, online drivers, rapid upper limb assessmen.*