THE RELATIONSHIP BETWEEN WRIST POSITION, LENGTH OF EMPLOYMENT, AND WORK DURATION WITH CARPAL TUNNEL SYNDROME (CTS) SYMPTOMS AMONG OFFICE EMPLOYEES

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Background: *The increasingly intensive use of computers in office settings may contribute to an increased risk of Carpal Tunnel Syndrome (CTS). Repetitive activities such as typing and mouse use, combined with non-ergonomic wrist posture, long employment duration, and prolonged daily working hours, may lead to increased pressure on the median nerve, thereby leading to the development of CTS symptoms among office workers.* ***Objective:*** *To analyze the relationship between wrist position, length of employment, work duration, and CTS symptoms among office employees.* ***Methods:*** *This study employed an analytic observational design with a cross-sectional approach. A total of 51 office employees at the Environmental Agency (DLH) of Surakarta City were selected using purposive sampling. Wrist position was assessed using the Rapid Upper Limb Assessment (RULA), while length of employment and work duration were measured using questionnaires. CTS symptoms were assessed using the Boston Carpal Tunnel Syndrome Questionnaire KSTK-B). Data were analyzed using the Chi-Square test and multiple logistic regression.* ***Results:*** *The correlation test showed significant relationships between wrist position (p=0.005), length of employment (p=0.026), work duration (p=0.046), and CTS symptoms. Multivariate analysis indicated that wrist position was the most influential factor affecting CTS symptoms (OR=43.445; p=0.003).* ***Conclusion:*** *There were significant relationships between wrist position, length of employment, work duration, and CTS symptoms among office employees.*

Keywords: *Carpal Tunnel Syndrome (CTS), work duration, length of employment, office employees, wrist position.*