

ANALYSIS OF UNDERSTANDING OF SPORTS INJURY HANDLING IN EXTRACURRICULAR STUDENTS

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Received: Januari 2025, Revised: Februari 2025, Accepted: Maret 2025

Abstract

The study titled "Analysis of Understanding of Handling Sports Injuries in Extracurricular Students of Public High School 8 Padang" aims to assess the knowledge and practices related to sports injury management among students involved in extracurricular sports activities. Recognizing the significant role of sports in physical and mental health, the research highlights the risks associated with sports injuries, which can range from acute injuries like sprains and fractures to chronic conditions such as tendinitis. Using a qualitative research methodology, the study involved indepth interviews with athletes from various sports disciplines at SMA Negeri 8 Padang. The findings reveal a diverse range of injury management practices among students, with many employing initial care techniques such as rest and ice application. However, there is a notable lack of awareness regarding proper injury management protocols and preventive measures, indicating a critical need for improved education on this topic. The results suggest that effective strategies for injury prevention and management should include structured warm-up programs, appropriate protective equipment, and enhanced technical training. The study concludes that addressing these gaps in knowledge can significantly improve the well-being and performance of student athletes, ultimately contributing to better health outcomes in school sports programs.

Keywords: Injury Management, Extracurricular Activities, Sports Injury, Understanding.

INTRODUCTION

Exercise is one of the most important activities in human life, both for physical and mental health. In the context of education, sports extracurricular in high school (SMA) is an important means to develop students' talents, interests, and character (Junaedi, A., & Wisnu, 2016). Through sports, students learn about teamwork, discipline, and tenacity. However, sports activities also have a fairly high risk of injury, especially for students who do not have an adequate understanding of injury management.



Sports injuries can be defined as damage to the body that occurs as a result of physical activity or exercise. These injuries can be acute, such as sprains or fractures, or chronic, such as tendinitis or stress fractures, which develop over time as a result of overuse. (Setyaningrum, 2019)"Sports injuries are a common consequence of intensive physical activity and can have a significant impact on athletes' performance and health.

The impact of sports injuries is very diverse, ranging from temporary disruptions to daily activities to long-term complications that can affect a person's sports career or quality of life. Injuries can cause pain, swelling, limited mobility, and even permanent disability in severe cases. This not only impacts students' physical condition but can also affect their mental health, such as decreased motivation and enthusiasm for exercise.

SMA N 8 Padang, as one of the schools that is active in developing students' sports talents through extracurricular activities, faces this challenge. It is important to conduct an analysis of the understanding of sports injury handling in extracurricular students in this school. This analysis will provide an overview of the extent of students' knowledge of injury management, as well as identify areas for improvement. It is hoped that this research can make a significant contribution in improving the quality of extracurriculars at SMA N 8 Padang. This research is also expected to be a reference for other schools in improving the understanding and handling of sports injuries, so that student welfare can be well maintained. Therefore, the results of observations and interviews conducted by the author stated that in volleyball, basketball, and football players at SMA N 8 Padang in the application application is still lacking, besides that it is not known how much the player's understanding level is about how to handle in the event of an injury. It is also not known more about the athlete's understanding of the extent of the injury.

RESEARCH METHODOLGY

This study uses a qualitative method with a descriptive approach. According to the descriptive approach, it aims to describe in depth students' understanding of the handling of sports injuries in extracurricular activities. The research was carried out at SMA Negeri 8 Padang. The selection of the location was based on the high participation of students in sports extracurricular activities and the absence of accompanying medical officers during the activity. The population in this study is all students of SMA Negeri 8 Padang which totals 960 students. Samples were selected using purposive sampling techniques, which are selection based on certain criteria relevant to the research objectives. The criteria include students who actively participate in extracurricular sports such as volleyball, basketball, soccer, athletics, taekwondo, and badminton. The total number of respondents sampled was 34 students. The instrument used in this study is a semi-structured



interview guideline.

Data were collected through semi-structured interviews with pre-defined respondents. Interviews are conducted in-person to obtain in-depth and contextual information. The interview process follows the stages stated by Alaslan (2022), starting from opening, exploration of the main questions, to closing and recording the results. The data analysis technique used is an interactive analysis model from Miles.

RESULTS

This study uses in-depth interviews involving athletes from various sports at SMA N 8 Padang. The purpose of the interview is to identify the cause of the injury, the methods of treatment carried out, the duration of recovery, as well as the preventive measures implemented by athletes in various sports. Each sport has different characteristics and injury risks, depending on the type of physical activity and the position of each athlete in the game.

Lower extremity injuries

Based on the results of the interviews, the injury management applied by the students in various sports showed a variety of action patterns. Some students do early injury management such as stopping activities and resting as soon as the injury occurs. Cold compress measures or warm water compresses are also used quite often, especially in knee and ankle injuries, to reduce swelling.



Figure 1. Lower Extremity Injury Chart

Others choose massage or traditional massage as the primary method of recovery, involving a trainer or a sports-specific masseuse, although this treatment is sometimes done without further medical examination. There are also students who immediately consult a doctor or specialist when the injury is considered more serious, especially in the case of repetitive injuries or require a long recovery time.

Upper Extremity Injury



The results of interviews with athletes from volleyball, basketball, and badminton who had injuries to the upper extremities showed variations in injury management, ranging from selftreatment such as massage to initial treatment steps. Nonetheless, some athletes recognize the importance of the role of medical personnel in injury recovery, particularly shoulder and wrist injuries.



Figure 2. Upper Extremity Injury Chart

Injuries to the upper extremities, including the shoulder, wrist, and arm, are also common in volleyball activities. These injuries are usually the result of incorrect hitting technique or improper hand position when receiving the ball. Research (Nugroho, 2017) shows that athletes with suboptimal technique are prone to injuries due to excessive stress on muscle tissues and joints, especially in the shoulder and wrist area.

DISCUSSION

Ankle injuries are common in sports such as football, volleyball, and basketball, especially as a result of incorrect landing or uneven courts. The best initial treatment for this injury is the RICE method; Rest the injured area, Ice for 15–20 minutes every few hours in the first 24 hours to reduce swelling, Compression with an elastic bandage, Elevation or elevation of the leg higher than the heart.

Knee injuries often occur as a result of an impact or incorrect support while jumping. Ideally, knee treatment requires the RICE method as well, but serious knee injuries should be checked immediately by medical personnel to avoid further damage to the ligaments or meniscus. Advanced physical therapy with the help of a physiotherapist is necessary for optimal recovery and prevention of recurrent injuries (Mayo Clinic, 2021).

Hamstring injuries often occur in sports that require speed and strength, such as athletics and soccer. Ideally, the treatment of a hamstring injury involves a complete rest at the beginning of the



injury, followed by a cold compress. Further recovery includes gradual stretching therapy under the supervision of a physiotherapist to prevent stiffness and ensure optimal muscle recovery. Stretching too quickly or strongly can worsen the injury (National Institute of Arthritis and Musculoskeletal and Skin Diseases, 2021).

Thigh injuries caused by impact or tense muscles can be treated with RICE. However, in some cases, the use of heat therapy may be applied after a few days to improve blood circulation and speed up the healing process. Physiotherapists also recommend gradually strengthening the thigh muscles after the pain has subsided to prevent re-injury (Cleveland Clinic, 2022).

Knee Muscle Cramps (Misalignment) Tension in the knee often occurs in sports such as taekwondo, especially if the movement or kick does not hit the target. Treatment of cramps involves stretching slowly, followed by cold compresses if needed to reduce tension. Proper stretching before exercise can help reduce the risk of future cramps (Harvard Medical School, 2021).

Ideal injury management includes: Early Recovery with the R.I.C.E. Method: Immediately after the injury, the R.I.C.E. (Rest, Ice, Compression, Elevation) method is an effective measure to limit further inflammation and damage. As Anderson et al. explain, "The R.I.C.E. method is a common approach for immediate care of soft tissue injuries to reduce inflammation and limit further damage" (Anderson, M. K.; Hall, S. J.; Martin, 2016).

Shoulder Injury: Ideal treatment for shoulder injuries includes stopping the activities that caused the injury, using cold compresses to reduce swelling, as well as performing recovery exercises after the initial phase. Shoulder muscle strengthening exercises and stretching can be done to restore joint function. It is also important to consult with a physiotherapist to get an appropriate rehabilitation program.

Wrist Injury: For wrist injuries, the first step that needs to be taken is to compress with ice and raise the hand to reduce swelling. Once the swelling has subsided, mobility exercises and wrist strengthening are highly recommended. The use of a brace or brace during activity can also help protect the wrist from further injury.

CONCLUSION

The conclusions obtained regarding the understanding of extracurricular students of SMA Negeri 8 Padang about handling sports injuries are at a sufficient level, but not fully optimal. Some students use basic methods such as Rest, Ice, Compression, Elevation as the first step in treating injuries, but their implementation is often inconsistent and tends to rely on traditional methods such as massage without medical evaluation.

Overall, students' understanding of the causes, treatment steps, duration of recovery, and



prevention of sports injuries still needs to be improved. This requires structured education, professional assistance, and the provision of adequate facilities to create a safer sports environment and support the maximum development of students' potential.

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