



PERCEPTION OF STUDENTS PENJASKESREK TOWARDS PREVENTION PROCESSES AND TREATMENT OF SPORTS INJURY UNIVERSITAS ISLAM RIAU TA. 2018/2019

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Abstract

Injury prevention and treatment material is part of the courses in Physical Education Health and Recreation. With this course, it is necessary to provide students with material on preventing and treating sports injuries to them. With this subject, students' perceptions about learning arise. This study aims to determine the perceptions of the fourth semester students of Social Security about injury, prevention and treatment of sports injuries at Riau Islamic University. This research is a quantitative descriptive study with data collection techniques using a questionnaire or questionnaire. The population in this study were all semester IV students of Penjaskesrek, Riau Islamic University, totaling 210 people. The data analysis technique used in this study is descriptive statistics with percentages. The subjects in this study were the fourth semester students of Penjaskesrek at Riau Islamic University, with a total sample of 30 students. Based on the results of research and discussion, it can be described perceptions of semester IV students of Physical Education about injury, prevention and treatment of sports injuries in Penjaskesrek, Islamic University of Riau as follows, the category of "unfavorable" by 13.33% (3 students / i), the category "less" by 30% (9 students / i), the category of "moderate" by 36.67% (11 students / i), the category of "good" by 10% (3 students / i), and the category of "very good" by 10% (3 students / i).

Keywords

Perception, Prevention, Sports Injury Care

INTRODUCTION

Sport is the most common cause of injury, the possibility of accidents is more often experienced during the teaching and learning process of physical education both outdoors and indoors, compared to when teaching and learning other subjects that generally take place indoors. Lack of attention and knowledge about procedures for preventing accidents, resulting in more frequent accidents that result in injuries to students and students. Injuries can occur during physical education learning, due to several possibilities stemming from several factors as follows: environmental learning factors, facility factors, equipment factors, learning management factors, technical assistance factors and teaching assignment planning factors.

What is meant by Sports Injury (sports injury) is "all kinds of injuries that arise, both during practice and during exercise (match) or after the match". All types of injuries when exercising, due to excessive loading on body tissue. Excessive physical activity results in minimal tissue tears (microtrauma) that are not visible from the outside. If this microtrauma takes place repeatedly, it can cause injuries such as sprains, muscle bruises, broken bones and others. Severe physical exercise in athletes without adequate recovery time, because a busy training schedule or competition will result in the risk of injury with the knowledge of sports injuries is useful to learn how sports injuries occur. Treating or helping or overcoming (curative) as well as preventive actions (prevention).

An effective way to deal with sports injuries is to understand certain types of injuries and recognize parts of our body that respond to these injuries, this can also understand the body so that we can know what we have to do to prevent injury and to identify an injury so as not to worsen, what is done is to be given a professional treatment.

Based on the above opinion it can be concluded that sports injuries are caused by excessive loads, these injuries can arise from the impact of both inside and outside a person's body.

METHOD.

The method used in this study is a quantitative descriptive study with data collection techniques using a questionnaire or questionnaire. The population in this study were all semester IV students of Penjaskesrek, Riau Islamic University, totaling 210 people. The data analysis technique used in this study is descriptive statistics with percentages. The subjects in this study were the fourth semester students of Penjaskesrek at Riau Islamic University, with a total sample of 30 students.

RESULTS

Table 1. The results of semester IV students regarding injury perception, prevention and treatment of sports injuries at Universitas Islam Riau

| No | Interval | Category | Frequency | % |
|--------------|---------------|-----------|-----------|-------------|
| 1 | ≥ 27,39 | Very good | 4 | 13.33% |
| 2 | 24.04 - 27.38 | Good | 9 | 30% |
| 3 | 20.7 – 24.04 | Is being | 11 | 36,7% |
| 4 | 17.36 – 20.7 | Less | 3 | 10% |
| 5 | ≤ 17.35 | Less good | 3 | 10% |
| Total | | | 30 | 100% |

Based on the table above shows that the perceptions of semester IV students regarding injuries, prevention and treatment of sports injuries at the Penjaskesrek of the Islamic University of Riau are in the "very good" category of 13.3% (4 students / i), the "good" category of 30% (9 students / i), "moderate" category 36.7% (11 students / i), "less" category 10% (3 students / i) and "poor" category 10% (3 students / i) while based on grades an average of 22.37 with a standard deviation of 3.34. Therefore it can be presented many in the medium category.

Details about the perceptions of the fourth semester students of Penjaskesrek at Riau Islamic University about the perception of injury, prevention and treatment of sports injuries are divided into 3 factors, namely:

Injury prevention factors

The knowledge of semester IV health education students about injury, prevention and treatment of sports injuries at the Riau Islamic University (UIR) based on injury prevention factors resulted in an average of 7.75 and a standard deviation of 1.78 while the distribution table of semester IV students' perceptions about injuries, prevention and treatment of sports injuries based on injury prevention factors in Penjaskesrek of the Islamic University of Riau (UIR), as follows:

Table 2. The results of sports injuries, injury prevention and treatment at the Universitas Islam Riau Penjaskesrek based on injury prevention factors.

| No | Interval | Category | Frequency | % |
|--------------|--------------|-----------|-----------|-------------|
| 1 | ≥ 10.43 | Very good | 7 | 23,33% |
| 2 | 8.64 - 10.42 | Good | 6 | 20% |
| 3 | 6.86 - 8.64 | Is being | 10 | 33,33% |
| 4 | 5.08 - 6.86 | Less | 7 | 23,33% |
| 5 | ≤ 5.07 | Less good | 0 | 0% |
| Total | | | 30 | 100% |

Based on the table above shows that the perceptions of semester IV students about injury prevention and treatment at the Penjaskesrek of the Islamic University of Riau based on injury prevention factors are in the category of "very good" 23.33 (7 students / i), the category of "good" 20% (6 students) , the category of "moderate" 33.33% (10 students / i), the category of "less" 23.33% (7 students / i) and the category of "not good" 0.0% (0 students) while the average value of 7.75 . Therefore, the overall percentage of the level of perception of fourth semester students about injuries, prevention and treatment of sports injuries at the Riau Islamic University based on injury prevention factors is in the very good category.

Sports Injury Factors

Students 'perceptions about injury, prevention and treatment of sports injuries in the Penjaskesrek of the Islamic University of Riau based on sports injury factors produce an average of 8.05 and a standard deviation of 1.58 as for the distribution table of semester IV students' perceptions about injuries, injury prevention and treatment The sport is displayed as follows.

Table 3. The results of sports injuries, injury prevention and treatment at Penjaskesrek, Islamic University of Riau, are based on sports injury factors.

| No | Interval | Category | Frequency | % |
|--------------|--------------|-----------|-----------|-------------|
| 1 | ≥ 10.43 | Very good | 6 | 20% |
| 2 | 8.84 – 10.42 | Good | 10 | 33,33% |
| 3 | 7.26 – 8.84 | Is being | 12 | 40% |
| 4 | 5.68 – 7.26 | Less | 2 | 6,67% |
| 5 | ≤ 5.67 | Less good | 0 | 0% |
| Total | | | 30 | 100% |

Based on the above table, perceptions of semester IV students of the Health and Fitness concerning injury, prevention and treatment of sports injuries at the Riau Islamic University based on sports injury factors are in the category of "very good" 20% (6 students / i), the category of "good" 10% (10 students / i), the category of "moderate" 40% (12 students / i), the category of "poor" 6.67 (2 students / i), and the category of "not good" 0.0% (0 students / i). Based on an average value of 8.05. Therefore it can be percentaged that the perception of the fourth semester students of social security about injury, prevention and treatment of sports injuries at Riau Islamic University based on many sports injury factors in the excellent category.

Injury prevention factors

Perception of semester IV students regarding sports injury prevention and treatment in the Riau Islamic University Penjaskesrek based on injury prevention factors resulted in an average of 8.11 and a standard deviation of 1.42. Sports injury treatment at Riau Islamic University based on injury treatment factors, as follows:

Table 4. The results of injuries, prevention and treatment of sports injuries at the Penjaskesrek of the Islamic University of Riau based on sports injury factors

| No | Interval | Category | Frequency | % |
|--------------|--------------|-----------|-----------|-------------|
| 1 | ≥ 10.25 | Very good | 7 | 23,33% |
| 2 | 8.82 – 10.24 | Good | 7 | 23,33% |
| 3 | 7.4 – 8.82 | Is being | 14 | 46,67% |
| 4 | 5.98 – 7.4 | Less | 2 | 6,67% |
| 5 | ≤ 5.97 | Less good | 0 | 0% |
| Total | | | 30 | 100% |

DISCUSSION

Based on the above table, the perceptions of semester IV students regarding injuries, prevention and treatment of sports injuries in the Penjaskesrek of the Islamic University of Riau based on injury care factors are in the "very good" category 23.33% (7 students / i), the "good" category 23, 33% (7 students / i), the category of "moderate" 46.67% (14 students / i), the category of "poor" 6.67% (2 students / i) and the category of "not good" 0.0% (0 students / i). Based on the average value, namely: 8.11. Therefore, it can be demonstrated that the perceptions of semester IV students regarding injury, prevention and treatment of sports injuries in the Riau Islamic University Penjaskesrek based on injury factors are many in the good category.

This study aims to determine how well the level of perceptions of fourth semester students about injury prevention and treatment at the Islamic University of Riau is divided into 3 factors, namely: (1) injury prevention, (2) the nature of injuries and (3) injury care. Based on the data obtained, it can be done that the perceptions of semester IV students regarding injuries, prevention and treatment of sports injuries in the Penjaskesrek of the Islamic University of Riau are in the "very good" category of 13.33% (4 students / i), the "good" category by 30% (9 students / i), the category of "moderate" by 36.67% (11 students / i), the category of "less" by 10% (3 students / i), and the category "Not good" by 10% (3 students / i). While based on an average value of 22.37. So it can be concluded that the overall level of perceptions of semester IV students regarding injuries, prevention and treatment of sports injuries in the Riau Islamic University Penjaskesrek can be categorized as moderate. In physical education learning there are still some students who do not really understand and understand about injuries, prevention and treatment of sports injuries. Students in learning not only know but must understand the meaning of what is learned, so that students are able to practice what students have understood in learning and in daily life. Students must understand and understand the importance of how to prevent and treat injuries so that the learning process runs well.

CONCLUSION

Based on the results of data analysis, a description of the results of the study and discussion can be concluded that the level of knowledge of the fourth semester students of Physical Education about injury, prevention and treatment of sports injuries at the Riau Islamic University is in the category of "poor" with a percentage of 13.3% (4 student / i), "less" category with a percentage of 30% (9 students / i), "Medium" category with a percentage of 36.67% (11 students / i), "good" category with a percentage of 10% (3 students / i), and the category of "very good" with a percentage of 10% (3 students / i).

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