

CEDERA TUNGKAI PADA ATLET: SEBUAH STUDI LITERATUR

TESIS

Diajukan Untuk Memenuhi Sebagian dari Syarat
Memperoleh Gelar Magister Pendidikan Program Studi Pendidikan Olahraga



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SEKOLAH PASCASARJANA
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Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
Magister Pendidikan (M.Pd.) pada Sekolah Pascasarjana Universitas Pendidikan
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PERNYATAAN

Dengan ini saya menyatakan bahwa tesis yang berjudul “**CEDERA TUNGKAI PADA ATLET: SEBUAH STUDI LITERATUR**” ini beserta keseluruhan isinya merupakan karya saya sendiri, dan saya tidak melakukan penjiplakan atau pengutipan dengan cara-cara yang tidak sesuai dengan etika ilmu yang berlaku dalam tatanan masyarakat keilmuan. Atas pernyataan tersebut, saya siap menanggung risiko/sanksi yang dijatuhkan kepada saya apabila dikemudian hari ditemukan adanya pelanggaran terhadap etika keilmuan dalam tesis ini, atau adanya klaim dari pihak lain terhadap karya saya.

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Segala puji dan syukur penulis panjatkan kepada Tuhan alam semesta Allah Subhanahu Wata'ala yang telah memberikan kesehatan dan limpahan rahmat-Nya, sehingga penulis mampu menyelesaikan tesis ini dengan kehendak-Nya. Tesis yang penulis susun berjudul “CEDERA TUNGKAI PADA ATLET: SEBUAH STUDI LITERATUR”. Tulisan ini merupakan salah satu syarat pokok untuk memperoleh gelar Magister Pendidikan program studi Pendidikan Olahraga, Pascasarjana Universitas Pendidikan Indonesia.

Pada tesis ini, metode yang digunakan pada penelitian ini yaitu kuantitatif deskriptif. Penulis berharap karya tulis ilmiah ini dapat memberikan kontribusi akademik untuk para pembaca, terkhusus untuk kaum akademisi atau peneliti selanjutnya agar menyempurnakan area *research* pada tesis ini.

Penulis sangat menyadari, dalam penyusunan tesis ini masih memiliki kekurangan atau terdapat falsifikasi di dalamnya. Oleh sebab itu, penulis mengharapkan kritik dan saran yang konstruktif untuk melengkapi tesis ini.

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2022

ABSTRAK

Cedera tungkai (lutut dan pergelangan kaki) pada atlet merupakan cedera yang tidak dapat dihindari, terutama dalam olahraga prestasi. Tujuan dari penelitian ini adalah untuk mengetahui apa faktor penyebab terjadinya cedera, proses terjadinya cedera, bagaimana cara menghindari cedera, cabang olahraga yang sering menyebabkan cedera, proses pemulihan cedera lutut dan ankle pada atlet. Dalam penelitian ini peneliti menggunakan metode penelitian Sistematis Literatur Review, peneliti menggunakan aplikasi harzing yang menggunakan 4 database untuk mencari artikel sesuai kata kunci yang dipilih oleh peneliti, dan menggunakan sistem funnel untuk menentukan tahapan penyaringan artikel yang masuk kedalam penelitian. Pada penelitian ini peneliti mendapatkan hasil 10 artikel yang terpilih kedalam Sistematis Literatur Review peneliti, bahwa faktor cedera lutut dan ankle pada atlet terjadi karena kurangnya pemanasan dan pendinginan saat melakukan olahraga, adanya gerakan yang tidak terduga saat melakukan aktifitas olahraga, lemahnya kekuatan otot, kinerja otot yang berlebihan, proses terjadinya cedera pada atlet bisa saat melakukan latihan dan saat pertandingan terutama saat melakukan gerakan pendaratan dengan satu kaki saat melompat, untuk menghindari dari cedera sangatlah sulit karena ini adalah satu bagian dari olahraga, cedera lutut dan ankle sering terjadi pada cabang olahraga permainan seperti bola basket, bola voli, sepak bola, pada saat cedera terjadi proses pemulihan bisa dilakukan untuk mengantisipasi cedera berulang, dengan melakukan latihan khusus yang dipilih oleh pelatih seperti latihan kekuatan otot tungkai agar pada saat terjadinya kegiatan olahraga tidak menitikberatkan pada satu otot, melakukan latihan keseimbangan dengan papan band keseimbangan, melakukan pelatihan khusus dengan pelatih dan physioterapi, melakukan latihan weigh training yang diawasi oleh tim pelatih, melakukan latihan kekuatan menggunakan karet band elastis level ringan sampai dengan berat, tes kekuatan otot dengan kordinasi team pelatih dan physioterapi. Kesimpulan dari penelitian ini adalah kita dapat mengetahui faktor apa saja yang terjadi pada cedera tungkai, bagaimana cedera tungkai terjadi, bagaimana cara menghindari cedera tungkai, cabang olahraga yang sering terjadi cedera tungkai dan proses pemulihan cedera tungkai yang tepat dengan program latihan serta pemulihan agar tidak terdapat atlet yang tidak produktif selama mereka mengalami cedera.

kata Kunci : tungkai bawah, lutut, pergelangan kaki, kekuatan, cedera, pemulihan

LIMB INJURY IN ATHLETES: A LITERATURE STUDY

Fatah Ibrahim Suwanda

2022

ABSTRACT

Leg injuries (knees and ankles) in athletes are injuries that cannot be avoided, especially in performance sports. The purpose of this study is to find out what factors cause injury, the process of injury, how to avoid injury, sports that often cause injury, the process of recovering from knee and ankle injuries in athletes. In this study, the researcher used the Systematic Literature Review research method, the researcher used a harzing application that used 4 databases to search for articles according to the keywords chosen by the researcher, and used a funnel system to determine the stages of filtering articles that were entered into the study. In this study, the researchers obtained the results of 10 articles that were selected into the Researcher's Systematic Literature Review, that knee and ankle injury factors in athletes occur due to lack of heating and cooling when doing sports, unexpected movements when doing sports activities, weak muscle strength, performance excessive muscles, the process of injury to athletes can occur during training and during matches, especially when making landing movements with one leg when jumping, to avoid injury is very difficult because this is a part of sport, knee and ankle injuries often occur in sports game sports such as basketball, volleyball, soccer, when an injury occurs the recovery process can be done to anticipate repeated injuries, by doing special exercises selected by the coach such as leg muscle strength training so that when sports activities occur, they do not focus on one thing. muscles, doing balance exercises with a balance band board, doing special training with trainers and physiotherapy, doing weigh training exercises supervised by the coaching team, doing strength training using elastic bands from light to heavy levels, muscle strength tests in coordination with the coach and physiotherapy team. The conclusion of this study is that we can find out what factors occur in leg injuries, how leg injuries occur, how to avoid leg injuries, sports that often occur with leg injuries and the process of recovering from leg injuries that are appropriate with exercise and recovery programs so that there its no athletes who are not productive while they are injured.

Keywords: leg, knee, ankle, strength, injury, recovery

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