

## ABSTRAK

**M. ARDHIE SURYA SIREGAR. Survey Cedera Olahraga Pada Siswa Sekolah Sepak Bola (SSB) Di Kota Medan.**

**(Pembimbing Skripsi : NURHAYATI SIMATUPANG)**

**SKRIPSI : Fakultas Ilmu Keolahragaan, UNIMED 2022.**

Penelitian ini bertujuan untuk mengumpulkan data tentang cedera olahraga yang dialami oleh siswa SSB di kota Medan. Populasi dalam penelitian ini adalah seluruh siswa SSB di kota Medan. Jumlah sampel 60 orang diperoleh dengan teknik *purposive sampling*. Hasil penelitian menunjukkan yaitu siswa SSB di kota Medan pernah mengalami cedera adalah sebesar 98% diantaranya cedera sendi leher, sendi bahu, sendi siku, sendi pergelangan, cedera sendi jari tangan, sendi pinggang, sendi panggul, sendi lutut, sendi engkel, sendi jari kaki otot tungkai bawah, otot tungkai atas, otot pinggang, otot bahu, otot lengan, otot leher, lecet pada kaki, lecet pada tangan, memar, patah tulang, retak tulang. Penyebab terjadinya cedera mayoritas adalah benturan dengan pemain lawan, kurangnya pemanasan, kenyamanan sepatu dan juga dehidrasi. Penanganan pada siswa SSB yang mengalami cedera mayoritas dilakukan dengan massage, dioles balsem dan dikompres es. Perlakuan selama cedera oleh orang tua siswa adalah istirahat dan mencari alternatif penanganan cedera. Perlakuan pasca cedera oleh pelatih mayoritas adalah memerintahkan untuk langsung bergabung latihan dengan temannya dan ada juga yang memerintahkan untuk berlatih ringan lebih dahulu.

**Kata Kunci:** Cedera Olahraga, Survey, Sepakbola

## ABSTRACT

**M. ARDHIE SURYA SIREGAR. Sports Injury Survey on Football School Students (SSB) in Medan City**

**(Thesis Advisor: NURHAYATI SIMATUPANG)**

**Thesis: Faculty of Sport Science, UNIMED 2022.**

This study aims to collect data on sports injuries experienced by SSB students in the city of Medan. The population in this study were all SSB students in the city of Medan. The number of samples of 60 people was obtained by purposive sampling technique. The results of the study showed that SSB students in the city of Medan had experienced injuries amounting to 98% including injuries to the neck joints, shoulder joints, elbow joints, wrist joints, finger joint injuries, waist joints, hip joints, knee joints, ankle joints, joints toes muscles of the lower limbs, muscles of the upper limbs, muscles of the waist, muscles of the shoulders, muscles of the arms, muscles of the neck, abrasions to the feet, abrasions to the hands, bruises, fractures, fractures. The causes of the majority of injuries are collisions with opposing players, lack of warm-up, shoe comfort and dehydration. Handling of SSB students who suffered injuries was mostly done by massage, smeared with balm and compressed with ice. The treatment during the injury by the student's parents is to rest and seek alternative injury treatments. Post-injury treatment by the majority of the trainers was ordered to immediately join the training with their friends and some were ordered to train lightly first.

**Key Point:** Sport Injury, Survey, Football

