

ABSTRAK

RICHO YOHANES PUTRA SITEPU. NIM 6213210007. Panduan Penatalaksanaan Terapi Cedera Olahraga pada Cabang Olahraga Karate. (Pembimbing: Dr. Nurhayati Simatupang, M.Kes.). Skripsi, Fakultas Ilmu Keolahragaan (FIK), (UNIMED), Tahun 2026.

Penelitian ini bertujuan untuk mengembangkan panduan penatalaksanaan terapi cedera olahraga pada cabang olahraga karate yang layak, sistematis, dan aplikatif untuk digunakan sebagai media pembelajaran maupun pedoman praktik di lapangan. Karate merupakan cabang olahraga bela diri dengan intensitas gerak tinggi dan kontak fisik yang berisiko menimbulkan berbagai jenis cedera, baik akut maupun kronis. Permasalahan yang sering ditemukan di lapangan adalah keterbatasan pemahaman dan keterampilan mahasiswa keolahragaan dalam melakukan penanganan cedera secara tepat sesuai dengan jenis, lokasi, dan tahapan pemulihan cedera.

Penelitian ini menggunakan metode penelitian dan pengembangan (Research and Development) dengan mengacu pada model Borg and Gall yang dimodifikasi menjadi sembilan tahap, meliputi studi pendahuluan, perencanaan, pengembangan produk awal, validasi ahli, uji coba lapangan awal, revisi produk, uji coba lapangan utama, uji coba lapangan operasional, dan revisi produk final. Penelitian dilaksanakan di Program Studi Ilmu Keolahragaan, Fakultas Ilmu Keolahragaan, Universitas Negeri Medan. Subjek penelitian berjumlah 14 mahasiswa Program Studi Ilmu Keolahragaan angkatan 2021 dan 2022 yang mengikuti mata kuliah Terapi Cedera Olahraga. Instrumen pengumpulan data berupa angket validasi ahli, angket penilaian pengguna, serta lembar observasi.

Hasil validasi ahli menunjukkan bahwa panduan penatalaksanaan terapi cedera olahraga pada cabang olahraga karate dinyatakan layak digunakan dengan beberapa saran penyempurnaan. Hasil uji coba lapangan awal, utama, dan operasional menunjukkan bahwa panduan memperoleh rata-rata persentase kelayakan sebesar 91% dengan kategori sangat layak, ditinjau dari aspek kelayakan isi, kejelasan bahasa, tampilan visual, dan kemanfaatan. Dengan demikian, panduan yang dikembangkan dapat digunakan sebagai pedoman pembelajaran dan praktik dalam penanganan cedera olahraga karate secara aman, efektif, dan sistematis.

Kata kunci: Pengembangan, Panduan Cedera, Karate, Terapi Cedera Olahraga

ABSTRACT

RICHO YOHANES PUTRA SITEPU. NIM 6213210007. Guideline for Sports Injury Therapy Management in Karate. (Advisor: Dr. Nurhayati Simatupang, M.Kes.). Undergraduate Thesis, Faculty of Sports Science (FIK), (UNIMED), 2026.

This study aims to develop a guideline for the management of sports injury therapy in karate that is feasible, systematic, and applicable for use as a learning medium as well as a practical guideline in the field. Karate is a martial art sport characterized by high-intensity movements and physical contact, which pose a high risk of causing various types of injuries, both acute and chronic. A common problem encountered in practice is the limited understanding and skills of sports science students in providing appropriate injury management based on the type, location, and stage of injury recovery.

This study employed a Research and Development (R&D) method by referring to the Borg and Gall model, which was modified into nine stages: preliminary study, planning, initial product development, expert validation, initial field testing, product revision, main field testing, operational field testing, and final product revision. The research was conducted in the Sports Science Study Program, Faculty of Sports Science, Universitas Negeri Medan. The research subjects consisted of 14 students from the Sports Science Study Program, cohorts of 2021 and 2022, who were enrolled in the Sports Injury Therapy course. Data were collected using expert validation questionnaires, user assessment questionnaires, and observation sheets.

The results of expert validation indicated that the guideline for the management of sports injury therapy in karate was considered feasible for use, with several suggestions for improvement. The results of the initial, main, and operational field trials showed that the guideline obtained an average feasibility percentage of 91%, categorized as very feasible, based on the aspects of content feasibility, clarity of language, visual appearance, and usefulness. Therefore, the developed guideline can be used as a learning and practical guide for the safe, effective, and systematic management of karate sports injuries.

Keywords: Development, Injury Guideline, Karate, Sports Therapy