

Analisis kesintasan cedera atlet bola basket pada musim kompetisi liga nasional = Survival analysis of basketball athlete injury in national competition league

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Abstrak

ABSTRAK

Latar belakang: Olahraga bola basket merupakan olahraga yang populer di dunia dan digemari oleh banyak kalangan. Walaupun bersifat non kontak namun kontak sesama atlet tetap sering terjadi dan mempunyai risiko sedang untuk terjadinya cedera. Di Indonesia studi kesintasan cedera olahraga bola basket masih terbatas dan faktor yang dapat mempengaruhi cedera belum sepenuhnya diketahui. Tujuan penelitian ini adalah memperoleh gambaran kesintasan cedera atlet bola basket profesional dalam satu musim kompetisi berdasarkan waktu latihan dan waktu pertandingan. Metode: Penelitian ini menggunakan metode observasional prospektif. Keluaran utama penelitian ini adalah insiden cedera, angka kejadian cedera saat pertandingan dan latihan yang digunakan untuk memperoleh gambaran kesintasan cedera dalam satu musim kompetisi yang digambarkan menggunakan kurva Kaplan-Meier. Hasil: Insiden cedera dalam 1 musim pertandingan adalah 4.82 /1000jam dengan insiden cedera saat pertandingan 7 kali lebih besar dibandingkan latihan. Pada akhir musim didapat fungsi kesintasan 20 dengan peluang subyek tidak mendapatkan cedera saat pertandingan 24 . dan saat menjalani latihan 42 . Kesimpulan: Kesintasan cedera saat latihan lebih tinggi dibandingkan kesintasan cedera saat pertandingan

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ABSTRACT

"Background Basketball is a popular sport in the world and loved by many people. Although it is non contact, but contact between fellow athlete is still common and it has a moderate risk of injury. In Indonesia Survival analysis in basketball injuries is still limited and the factors that may affect the injury is not fully known. The purpose of this study was to obtain an overview of survival analysis in professional basketball athlete injuries for one season by practice and games. Methods This study used a prospective observational method. The main outputs of this study were the incidence of injury, the incidence of injury in games and practices that used to obtain injury survival that will be presented using the Kaplan Meier curves. Results The incidence of injuries in one season is 4.82 /1000AE with the incidence of injury in the games 15.21 /1000AE and in practices 2.19 /1000AE. Survival function at the end of the season is 20 with a chance of a subject who is not getting injured during the games by 24 and during practices 42 . Conclusion Probability subjects who is not get injured during practices is higher than during the games.