

# Cedera muskuloskeletal pada Atlet Pelatnas Bola Voli Indonesia: Insidens, Karakteristik, dan Faktor Etiologi = Musculoskeletal Injuries in Indonesia Volleyball National Training Athletes: Incidence, Characteristics, and Etiology Factors

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## Abstrak

**LATAR BELAKANG** Penelitian ini bertujuan untuk mengetahui insidens dan karakteristik cedera muskuloskeletal pada atlet bola voli Indonesia selama pelatihan dan kejuaraan bola voli nasional. **METODE** Studi ini memiliki desain kohort prospektif dengan melibatkan 34 atlet tim nasional bola voli Indonesia (18 laki-laki dan 16 perempuan) selama satu pelatihan dan kejuaraan nasional bola voli pada bulan Juli-September 2019. Semua atlet diamati selama 11 minggu dengan pencatatan semua kejadian dan karakteristik cedera (durasi, tingkat rasa sakit, keparahan dalam waktu rugi, sifat, kekambuhan, lokasi dan jenis anatomi). Beberapa faktor etiologi cedera seperti zona lapangan (belakang, depan/net, dan tidak spesifik), waktu cedera (latihan, pertandingan, atau keduanya), mekanisme cedera (kontak dengan bola, kontak dengan pemain, kontak dengan permukaan, non-kontak, atau overuse), biomekanisme (bending, kompresi, berulang, traksi, atau repetitif) dan gerakan yang terlibat (blok, digging, passing, servis, spike, atau tidak spesifik) juga dicatat. Insiden cedera disajikan dalam 1.000 jam pemain. **HASIL** Insiden cedera adalah 100 kejadian dalam 4903,5 jam pemain atau 20,4 / 1.000 jam bermain. Cedera paling sering terjadi di lutut (36%), diikuti oleh pergelangan kaki (18%) dan pinggang (16%). Jenis cedera yang paling umum adalah keseleo (21%) dan tendinitis (21%) diikuti oleh nyeri punggung bawah (13%). Jenis cedera overuse dan rekuren jauh lebih dominan daripada yang akut.

**KESIMPULAN:** Temuan kami menambah sejumlah kecil studi tentang cedera spesifik bola voli yang penting dalam memahami etiologinya dan pengembangan strategi pencegahan yang efektif untuk mengurangi angka cedera muskuloskeletal dalam cabang olahraga bola voli.

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**BACKGROUND** This study aimed to find out the incidence and characteristics of musculoskeletal injuries among Indonesian volleyball athletes during a national volleyball training and championship.

**METHODS** A prospective cohort study involving 34 Indonesian volleyball national team athletes (18 male and 16 female) during one volleyball national training and championship in July-September 2019 was conducted. All athletes were observed for 11 weeks and the incidence and the characteristics (duration, pain level, severity in loss time, nature, recurrence, anatomical location and types) of the injuries were documented. Some etiologic factors of the injuries such as the court zone (back, front/net, and unspecified), time of injury (practice, competition or both), injury mechanism (ball contact, player contact, surface contact, non-contact or overuse), biomechanism (bending, compression, repetitive or traction) and movements involved (blocking, digging, passing, serving, spiking or not specific) were also recorded. Incidence of injuries was presented in 1000 playing hours.

**RESULTS** Incidence of injury is 100 events over 4903.5 player hours or 20.4 / 1000 playing hours. Injuries occurred most frequently in the knee (36%), followed by the ankle (18%) and waist (16%). The most common type of injury is sprain (21%) and tendinitis (21%) followed by low back pain (13%). The overuse

and recurrence type of injuries were much more dominant to the acute one.

**CONCLUSIONS** Our finding adds to the relatively small number of studies on volleyball-specific injuries which is important in understanding its etiology and developing the effective prevention strategies to reduce the numbers of musculoskeletal injuries in volleyball.