

Hubungan antara Penggunaan Mouthguard dan Faktor-faktor Terkait pada Atlet Basket di Indonesia = The Relationship between The Use of Mouthguard and Related Factors in Basketball Athletes in Indonesia

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Abstrak

Latar belakang: Injuri dental dan orofasial merupakan salah satu injuri yang paling banyak terjadi akibat olahraga. Olahraga basket merupakan salah satu olahraga dengan tingkat resiko mengalami injuri yang tinggi dibanding olahraga lain. Walaupun begitu, penggunaan mouthguard oleh atlet basket masih dikatakan kurang sehingga prevalensi injuri dental dan orofasial menjadi tinggi. Berbagai faktor seperti usia, jenis kelamin, durasi bermain basket, sikap atlet, sikap pelatih, dan pengalaman cedera dapat mempengaruhi penggunaan mouthguard. Penelitian ini bertujuan untuk menentukan faktor-faktor yang mempengaruhi penggunaan mouthguard pada atlet basket di Indonesia. Metode: Studi analitik observasional cross-sectional dengan metode convenience sampling dilakukan pada 283 atlet basket dengan menggunakan kuesioner secara daring. Analisis statistik meliputi uji univariat dan uji bivariat. Hasil: Penggunaan mouthguard oleh atlet basket sebanyak 67,4%. 9% anak remaja dan 90,9% orang dewasa menggunakan mouthguard. 60,2% atlet perempuan dan 39,7% atlet laki-laki yang menggunakan mouthguard. Atlet dengan durasi bermain 1-10jam/minggu sebanyak 95,4% menggunakan mouthguard. Kesimpulan: Penggunaan mouthguard oleh atlet basket di Indonesia belum bisa dikatakan baik, untuk itu harus didorong dengan faktor-faktor yang terkait juga. Tidak terdapat perbedaan bermakna secara statistic antara jenis kelamin, usia, sikap atlet, dengan penggunaan mouthguard ($p > 0,05$). Selain itu, terdapat perbedaan bermakna secara statistic terhadap durasi bermain dan sikap lingkungan sekitar terhadap penggunaan mouthguard ($p < 0,05$).

.....Background: Dental and orofacial injuries are among the most common injuries caused by exercise. Basketball is one of the sports with a high risk of injury compared to other sports. Even so, the use of mouthguard by basketball athletes is still said to be less so that the prevalence of dental and orofacial injury becomes high. Various factors such as age, gender, duration of basketball play, athlete's attitude, coach attitude, and injury experience can affect mouthguard use. This study aims to determine the factors that affect mouthguard use in basketball athletes in Indonesia. Method: Cross-sectional observational analytical studies with convenience sampling methods were conducted on 283 basketball athletes using online questionnaires. Statistical analysis includes univariate tests and bivariate tests. Result: Use of mouthguard by basketball athletes as much as 67.4%. 9% of adolescents and 90.9% of adults use mouthguards. 60.2% of female athletes and 39.7% of male athletes use mouthguards. Athletes with a duration of 1-10 hours / week as much as 95.4% using mouthguard. Conclusion: The use of mouthguard by basketball athletes in Indonesia can not be said to be good, for it must be driven by related factors as well. There was no statistically meaningful difference between the athlete's gender, age, attitude, and the use of the mouthguard ($p > 0.05$). In addition, there are statistically meaningful differences in the duration of play and the attitude of the surrounding environment towards the use of mouthguard ($p < 0.05$).