

# BASEBALL AND SOFTBALL PLAYERS INJURIES IN DAERAH ISTIMEWA YOGYAKARTA

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## ABSTRACT

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This study aimed to identify the injury in baseball and softball players in DIY. Identification includes, type of injury, the injured body part and cause injury. In the end, able to support the achievement of coaching baseball and softball, it is necessary to study about the injury suffered by baseball and softball players in the DIY

This study is a descriptive research with survey method. The subjects used in this study are baseball and softball players in DIY. A sample of 33 people, 18 players of baseball and softball players 15 using purposive sampling techniques, through consideration of DIY players who are prepared to follow the PON XIX West Java in 2016. The instrument used was a questionnaire. Data analysis techniques in research using descriptive statistical calculation of the percentage, by means of holding percentage and deployment as well as provide interpretation obtained on the basis of these percentages.

The conclusion of this study is; (1). Overall, baseball and softball, the pain can be identified type of injury (sprain / strain) amounted to 29.59%, 24.13% injuries bruises, abrasions 16.36%, 10.58% cramping and bleeding, dislocation of 7.44%, and fracture 1.32%. The injured body part can be identified that section 34.87% legs and feet, arms and hands 33.60%, 24.09% weight, and head of 7.45%. The cause of the injury can be identified that the ball hit 30.59%, overuse and too tired 29.64%, 19.49% sliding and falling, collision with another player 9.67%, other (shoes that are narrow, the shear grip the ball and bat handle) 6.18%, 3.49% less heating, and the wrong technique 0.95% .. (2). In softball can be identified type of injury pain (sprain / strain) amounted to 29.59%, 23.22% injuries bruises, abrasions 16.48%, 10.11% cramping and bleeding, 8.99% dislocations, and fractures 0, 75%. The injured body part can be identified that section 35.21% legs and feet, arms and hands 34.15%, 24.65% weight, and head of 5.99%. The cause of the injury can be identified that the overuse and too tired 31.34%, 30.63% hit ball, sliding and falling 18.66%, collision with another player of 8.10%, other (shoes that are narrow, the shear grip the ball and bat handle) 7.39%, 3.17% less heating, and the wrong technique 0.70% .. (3). In baseball can be identified type of injury pain (sprain / strain) amounted to 28.99%, 24.85% injuries bruises, abrasions 16.27%, cramping and bleeding of 10.95%, 6.21% dislocations, and fractures 1, 78%. The injured body part can be identified that the feet and legs 34,58%, arms and hands 33.14%, 23.63% weight, and head of 8.65%. The cause of the injury can be identified that the ball hit 30.55%, overuse and too tired 28.24%, 20.17% sliding and falling, collision with another player 10.95%, other (shoes that are narrow, the shear grip the ball and bat handle) 5.19%, 3.17% less heating, and the wrong technique 1.15%.

Kata Kunci: *Sports Injuries, Softball and Baseball*