

Improving Sports Injury Massage Skills for Physical Education Teachers in Junior High Schools Across Yogyakarta City

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ABSTRACT

Sports injuries are a common issue in physical activities, and Physical Education teachers (Penjasorkes) play a crucial role in providing first aid and initial care when sports injuries occur at schools. This research aims to enhance the skills of sports injury therapy among Penjasorkes teachers in junior high schools across Yogyakarta City. Community Engagement (PkM) activities were conducted using presentation, demonstration, and hands-on methods over a three-day period, involving 36 Penjasorkes teachers from various junior high schools in Yogyakarta City. The training encompassed improving knowledge about types of sports injuries, initial treatment, and appropriate therapy techniques. Supporting factors included institutional support, participant motivation, expertise of the facilitation team, effective communication between facilitators and participants, adequate training facilities, and support from the Yogyakarta City Physical Education Teachers' Working Group (TIM MGMP Penjasorkes). Inhibiting factors included budget limitations and constraints on the timing of activities. In conclusion, PkM activities made a significant contribution to enhancing the understanding and skills of Penjasorkes teachers in sports injury therapy at junior high schools in Yogyakarta City

Kata Kunci: skills, injury, physical education teacher