

EPIDEMIOLOGICAL STUDY OF MUSCULOSKELETAL INJURIES OF HAPKIDO ATHLETES IN INDONESIA: RISK FACTORS, PREVENTION AND MANAGEMENT

by Prof. Dr. dr. BM. Wara Kushartanti, M.S.

ABSTRACT

This study aims to analyze risk factors, prevention and management of musculoskeletal injuries in Hapkido athletes in Indonesia. The method that will be used is a descriptive epidemiological study with research participants as Hapkido trainers who are active in coaching activities in Hapkido organizations in Indonesia. The research will use questionnaires and interviews to collect data regarding athlete profiles, risk factors, as well as prevention and management of musculoskeletal injuries in athletes under the coordination of Hapkido coaches. Data analysis will be carried out using descriptive statistical methods for risk factors for musculoskeletal injuries, prevention and management of injuries. The results showed injuries tended to occur more frequently during training than matches, with minor injuries occurring more frequently. Wrists, ankles, and knees are common injury locations, while the most common types of injuries are bruises, sprains/strains, and abrasions. The main causes of injury include inadequate warm-up, lack of experience, and improper technique. Common prevention efforts involve adequate warm-up, safety equipment, and appropriate training programs. These findings have important implications for the understanding and management of injuries in sport. This information can help trainers design safer and more effective training programs. However, keep in mind that this study focused on coach reports, which may be subject to bias. Direct injury data from athletes would further corroborate these findings. Overall, the results of this study provide useful insights for improving approaches in sport to prevent injury risk

Kata Kunci: *Injuries, Musculoskeletal, HAPKIDO*