

# A SURVEY OF SPORT ACTIVITY AND SPORT INJURY IN JUNIOR HIGH SCHOOLS

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## ABSTRACT

Not only sport gave positive benefits, but also had injury risk. The injury risk could take place to anybody, anytime and anywhere. It could also take place in sport learning period. This study used cross-sectional design and qualitative approach. Its population was all of the students of the Junior High Schools in the Special District of Yogyakarta who were totally 20,401 individuals (*Dapodiknasmen's* data in 2022). Its samples were drawn using random sampling technique that gave 400 individuals. It used questionnaire whose reliability and validity have been tested. The results of the validity test of students' questionnaire showed that  $r\text{-count} > r\text{-table}$  (0.195) and alpha cronbach was  $0.928 > 0.655$ , while the results of the reliability test teachers' questionnaire showed that  $r\text{-count} > r\text{-table}$  (0.344) and alpha cronbach was  $0.737 > 0.655$ . The results of the study showed that there were 249 (62.25%) students with inflammation, 266 (66.50%) with pain, 220 (55.00%) with burning-up, 206 (51.50%) with *fungsiolaesa*, 201 (50.25%) with bruise, 158 (39.50%) with cervical vertebrae injury, 193 (48.25%) with shoulder injury, 133 (33.25%) with elbow injury, 182 (45.50%) with wrist injury, 163 (40.75%) with finger injury, 198 (49.50%) with waist injury, 170 (42.50%) with pelvis injury, 202 (50.50%) with knee injury, 170 (42.50%) with ankle injury, and 165 (41.25%) with toe injury. Conclusion: The inflammation frequently taking place during sport learning among the students of the Junior High Schools in the Special District of Yogyakarta was found in in 266 (66.50%) students with pain and 202 (50.50%) students with knee injury. It was necessary to conduct further study of the causal factor of the injury in the sport subject.

Kata Kunci: *injury, sport, students, junior high schools.*