



Level of Knowledge, Towards Sports Injuries of Elementary School Students, Sungai Tabukan District, North Hulu Sungai Regency

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Article History

Received February 2025
Accepted February 2025
Published Vol.14 No.(1) 2025

Keywords:

Knowledge Level; Learners; Sports Injuries.

Abstract

The purpose of this study is to determine the level of knowledge about sports injuries of elementary school students in Sungai Tabukan District, North Hulu Sungai Regency. This study uses purposive sampling by taking a sample of 77 students from the population of 9 elementary schools in Sungai Tabukan District, North Hulu Sungai Regency, which totals 486 students. "This study uses a quantitative descriptive method. The results of this study show that the level of knowledge of students about sports injuries of elementary school students in Sungai Tabukan District, North Hulu Sungai Regency" is in the "very good" category of 6.5% (5 students), the "good" category is 26.0% (20 students), the "moderate" category is 42.9% (33 students), the "poor" category is 20.8% (16 students), and the "very poor" category is 3.9% (3 students) while based on the average score is 21.36. The conclusion of the research results of the research on the level of knowledge about sports injuries of elementary school students in Sungai Tabukan District, North Hulu Sungai Regency is in the "moderate" category.

How to Cite

Susanti, A., Erliana, M., & Rachman, A. (2025). Level of Knowledge, Towards Sports Injuries of Elementary School Students, Sungai Tabukan District, North Hulu Sungai Regency. *Journal of Physical Education, Sport, Health and Recreation*, 14 (1), 205-209.

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INTRODUCTION

Injury is defined as a physical disorder caused by "excessive activity or an accident that results in discomfort, heat, redness, swelling, and improper function of muscles, tendons, ligaments, joints, or bones" (Ali Satya Graha and Bambang Priyonoadi, 2009:45). Injuries must be prevented as they can make it difficult for him to move (Sahbana & Rachman, 2023)

One of the basic human needs that can affect strong and healthy mental and physical activity is exercise. "As athletes often say, *mens sana in corpore sano* in a strong body there is a healthy soul anyone who participates in sports regularly can have better physical and mental health than those who rarely or never participate in sports" (Moh Nur Rofik & Fatkur Rohman Kafrawi, 2022).

A sports injury is an incident that causes the skin, muscles, tendons, ligaments, and bones to suffer injuries or fractures. Exercise performed without proper warm-up, sports equipment that is no longer suitable, and inadequate sports facilities are some examples of activities that can lead to injury.

Nowadays, it is very rare to see students, especially elementary school children, who do sports activities not seriously, such as not warming up first. This is due to a lack of knowledge about sports activities and sports injury management. In fact, understanding sports injuries is very important for students and athletes so that they can immediately heal or provide first aid to themselves if they are injured. In the event of an accident, this therapy can be given to someone other than yourself. Providing material on handling first aid in sports injuries is very useful to minimize injuries so that they do not get worse. As a physical education and sports teacher, you must always maintain communication with students so that they can understand what has been conveyed and obey the rules when doing sports activities. However, the reality in the field, there are still students who do not obey the rules, for example not wearing shoes when learning sports even though shoes function to protect the feet from injury.

Human knowledge is the result of human efforts to find the truth or solve problems; This is essentially the essence of human nature, or rather, human aspirations. Only humans have knowledge, which includes the capacity to identify or remember words, definitions, facts, concepts, patterns, sequences, procedures, fundamental ideas, and so on (Benjamin S Bloom, 1956).

Providing treatment for short-term injury victims before taking them to a hospital or health-care facility is known as first aid. Before receiving treatment from a more qualified person, such as a doctor or paramedic, first aid can help calm the patient (Sumardino, 2010: 82)

Therefore, teachers who teach health and physical education courses need to have knowledge of how to handle sports injuries with first aid. This is done so that students are ready to provide first aid for those who are injured while participating in light or heavy sports.

In order for students to understand what has been taught and follow the rules when participating in sports, it is essential for educators who teach physical education and health courses to always communicate with their students. Wearing shoes during exercise instruction, avoiding forcing the sore body condition to exercise, and always warming up and cooling down under the guidance of a sports instructor are important approaches for students to prevent injury during exercise. In addition, there are other factors that result in injuries to students, namely inadequate facilities and infrastructure.

Currently, it is not known how much elementary school children in Sungai Tabukan District, North Hulu Sungai Regency know about sports injuries. Based on research, this information is very important so that physical education and health learning can run smoothly and minimize the possibility of injury. The researcher formulated the problem in this study as follows, taking into account the following description: "What is the level of knowledge of elementary school students in Sungai Tabukan District, Hulu Sungai Utara Regency towards sports injuries".

The relevant research in this study is a research by Wayan Ernawati entitled "The Level of Knowledge of Class V Students about Sports Injuries, Prevention and Treatment of Injuries at Elementary School Beji, Wates District, Kulon Progo Regency". Wahyu Ernawati conducted research at Beji Elementary School, Wates District, Kulon Progo Regency to "find out the level of knowledge of grade V students about sports injuries, injury prevention, and injury management. Based on the results of the research, grade V students of Elementary School Beji, Wates District, Kulon Progo Regency have a moderate level of knowledge (40.6%) about sports injuries, accident prevention, and injury management." Some children still have difficulty understanding sports injuries, injury prevention, and injury management when attending physical education lessons (Wayan Ernawati, 2018).

The purpose of this study is to determine the level of knowledge about sports injuries of students in Sungai Tabukan District, North Hulu Sungai Regency.

METHODS

This study examines the understanding of elementary school students about sports injuries in Sungai Tabukan District, North Hulu Sungai Regency, using a quantitative descriptive method. This study uses purposive sampling, using a sample of all 77 students in grade VI from 9 elementary schools and the population consists of 486 children from 9 elementary schools in Sungai Tabukan District, North Hulu Sungai Regency.

The data collection method used in this study is a questionnaire consisting of 30 indicators in the form of statements of right and wrong. The TrueFalse statement questionnaire is a data collection method by providing a series of statements to participants to respond to (Sugiyono, 2017:137). After the TrueFalse questionnaire was distributed, the results were studied using descriptive statistics.

In the process of data analysis, categorization is carried out. The categorization uses Mean and Standard Deviation. According to Azwar (2016: 43) to determine the scoring criteria by using the Norm Reference Assessment (PA) on the scale. Furthermore, it can be interpreted as a discussion of the problems proposed in the form of percentages. Sugiyono (2013:43) Formula to find out the relative frequency (percentage), as follows:

$$P = F/N \times 100\%$$

Information:

P : percentage

F : number of answer frequencies

N : number of subjects (respondents).

RESULTS AND DISCUSSION

The results of the research on the level of knowledge about sports injuries of elementary school students in Sungai Tabukan District, North Hulu Sungai Regency are as follows:

The table of knowledge distribution on sports injuries for elementary school students in Sungai Tabukan District, North Hulu Sungai Regency is as follows. The number of statement indicators in the injury prevention factor questionnaire consisted of 10 statements, the sports injury factor consisted of 10 statements, and the injury treatment factor consisted of 10 statements.

Table 1. The results of knowledge on sports injuries of elementary school students in Sungai Tabukan District, North Hulu Sungai Regency are based on injury prevention factors.

Interval	Category	Frequency	%
$8.43 < X$	Very Bad	4	5,2
$7.07 < X \leq 8.43$	Not Good	10	13,0
$5.71 < x \leq 7.07$	Medium	48	62,3
$4.35 < X \leq 5.71$	Good	11	14,3
$X \leq 4.35$	Excellent	4	5,2

Based on **Table 1** it shows that the knowledge of sports injuries of elementary school students in Sungai Tabukan District, North Hulu Sungai Regency based on injury prevention factors is in the “very good” category of 5.2% (4 students), the “good” category of 14.3% (11 students), the “medium” category of 62.3% (48 students), the “poor” category of 13.0% (10 students) and the “very poor” category of 5.2% (4 students) while the average score is 6.39. Therefore, the percentage of all levels of sports injury knowledge of elementary school students in Sungai Tabukan District, North Hulu Sungai Regency based on injury prevention factors is widely found in the medium category.

Table 2. The results of knowledge on sports injuries of elementary school students in Sungai Tabukan District, North Hulu Sungai Regency are based on sports injury factors.

Interval	Category	Frequency	%
$8.86 < x$	Very Bad	3	3,9
$7.48 < X \leq 8.86$	Not Good	27	35,1
$6.10 < x \leq 7.48$	Medium	20	26,0
$4.72 < x \leq 6.10$	Good	22	28,6
$X \leq 4.72$	Excellent	5	6,5

Based on **Table 2** it shows that the knowledge of sports injuries of elementary school students in Sungai Tabukan District, North Hulu Sungai Regency based on sports injury factors is in the “very good” category of 6.5% (5 students), the “good” category of 28.6% (22 students), the “medium” category of 26.0% (20 students), the “poor” category of 35.1% (27 students) and the “very poor” category of 3.9% (3 students) while the average score is 6.79. Therefore, the percentage of all levels of sports injury knowledge of elementary school students in Sungai Tabukan District, North Hulu Sungai Regency based on sports injury factors is widely categorized as not good.

Table 3. The results of knowledge on sports injuries of elementary school students in Sungai Tabukan District, North Hulu Sungai Regency based on injury treatment factors.

Interval	Category	Frequency	%
$10.72 < X$	Very Bad	1	1,3
$9.03 < x \leq 10.72$	Not Good	23	29,9
$7.34 < X \leq 9.03$	Medium	45	58,4
$5.64 < X \leq 7.34$	Good	7	9,1
$X \leq 5.64$	Excellent	1	1,3

Based on **Table 3** it shows that the knowledge of sports injuries of elementary school students in Sungai Tabukan District, North Hulu Sungai Regency based on injury treatment factors is in the “very good” category of 1.3% (1 student), the “good” category of 9.1% (7 students), the “medium” category of 58.4% (45 students), the “not good” category of 29.9% (23 students) and the “very poor” category of 1.3% (1 student) while the average score is 8.18. Therefore, the percentage of all levels of sports injury knowledge of elementary school students in Sungai Tabukan District, North Hulu Sungai Regency based on the injury treatment factor is in the medium category.

Table 4. The results of knowledge on sports injuries of elementary school students in Sungai Tabukan District, North Hulu Sungai Regency.

Interval	Category	Frequency	%
$25.82 < x$	Very Bad	3	3,9
$22.85 < x \leq 22.82$	Not Good	16	20,8
$19.88 < x \leq 22.85$	Medium	33	42,9
$16.90 < x \leq 19.88$	Good	20	26,0
$X \leq 16.90$	Excellent	5	6,5

Based on **Table 4** it shows that the knowledge of sports injuries, prevention and treatment of injuries of elementary school students in Sungai Tabukan District, North Hulu Sungai Regency is in the “very good” category of 6.5% (5 students), the “good” category is 26.0% (20 students), the “medium” category is 42.9% (33 students), the “not good” category is 20.8% (16 students), and the “very poor” category is 3.9% (3 students) while based on the average score is 21.36. Therefore, it is estimated that there are many in the medium category.

The results of this study are in line with the research conducted by Galih Muniage (2015), the understanding of elementary school physical education teachers in Seyegen District about inju-

ry prevention and treatment is included in the medium category. Thus, it can be said that elementary school students in Sungai Tabukan District, North Hulu Sungai Regency, have a sufficient level of general understanding of sports injuries. There are still some students in Physical Education Sports and Health learning who do not fully understand sports injuries, injury prevention, and injury treatment. In order for students to be able to practice it both in learning and in daily life, they must not only know but also understand the meaning of the material they are learning. This is also confirmed by research conducted by Wayan Ernawati (2018) to determine the level of knowledge about students' sports injuries.

The author will explain the level of knowledge about sports injuries, prevention and treatment of student injuries based on the following factors:

The injury prevention factor is an effort to reduce or avoid everything that causes injuries that will happen to ourselves. Based on the results of the research on the knowledge of sports injuries of elementary school students in Sungai Tabukan District, North Hulu Sungai Regency, it was categorized as “very good” category of 5.2% (4 students), the “good” category of 14.3% (11 students), the “medium” category of 62.3% (48 students), the “poor” category of 13.0% (10 students) and the “very poor” category of 5.2% (4 students) while the average score was 6.39. However, there are still some students who do not understand and understand injury prevention, this is evidenced by the details of question number 10 with the question “carelessness is not the cause of injury in playing or exercising, we must be able to hold our emotions”.

The sports injury factor is the damage to the body or limbs that results in tremendous pain and pain known as the sports injury variable. The indicator of the shape and meaning of sports injuries is the basis of sports injury knowledge factors, based on the results of the research on the level of knowledge of sports injury factors of elementary school students in Sungai Tabukan District, North Hulu Sungai Regency was categorized as “very good” category of 6.5% (5 students), the “good” category of 28.6% (22 students), the “medium” category of 26.0% (20 students), the “poor” category of 35.1% (27 students) and the “very poor” category of 3.9% (3 students) while the average score is 6.79. Despite this, some students still have difficulty understanding sports injuries. The fact that “bruises are caused by the impact of hard and blunt objects” is indicated in question number seventeen. This is evident from the information provided by teach-

ers during the learning process, but some students are still preoccupied with their own affairs, which makes them unable to understand and live it, so their answers are not accurate. In addition, due to the lack of sports educators, students lack information about sports injury knowledge.

The injury treatment factor is a person's effort to treat an injury so that it can heal as previously known as injury treatment. The data results can be classified as "very good" category of 1.3% (1 student), the "good" category of 9.1% (7 students), the "medium" category of 58.4% (45 students), the "not good" category of 29.9% (23 students) and the "very poor" category of 1.3% (1 student) based on the research findings. The average score was 8.18. Question number twenty four he findings mentioned above, but 14 students still gave inaccurate answers, which indicates that students are less aware of the importance of knowledge and understanding of injury care.

CONCLUSION

Based on the results of data analysis, description of research results, and discussions, it can be said that elementary school students in Sungai Tabukan District, North Hulu Sungai Regency have a level of knowledge about sports injuries in the "moderate" category which is as much as 42.9% of the total students (33 students).

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