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Education Prevention and Treatment Injury to MGMP PJOK SMP Magelang City

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Abstract

Problem priorities faced by MGMP SMP partners throughout Magelang City is Lack of knowledge and practice handler injury at school ; Lack of Physical education teachers' concern For handle and care for injury moment Learning . So that solution offered _ is Stage counseling about Prevention and treatment Injuries to MGMP Middle Schools in Magelang City ; Stage socialization knowledge about prevention and treatment injury First moment the learning . By general implementation activity use Aras Mezzo approach , namely empowerment done with use group as an intervention medium : education and training, as well dynamics divided groups _ become three stages , ie stage preparation , stage implementation , and stages evaluation and monitoring. As for effort For program sustainability is through socialization knowledge about prevention and treatment injury.

Keywords: prevention, injury, management

INTRODUCTION

Magelang City there are 13 state junior high schools and 5 schools intermediate Where not enough over 10647 students combined in education intermediate . Implementation Physical Education Learning in Schools Intermediate First , walk with in accordance map draft in accordance curriculum Education , However obstacles faced _ every school different situation learn it . This thing caused support is different means physical education infrastructure , physical education teacher expertise and factors characteristics student as well as environment around school . If poor conditions _ in accordance especially facet security implementation the movement No in accordance so happens often _ injury in PJOK learning . For example falls , lacerations , swelling and convulsions muscle nor free joints .

As perpetrator sports , physical education teacher in physical education learning if injury occurred _ can hinder and or stop the steps For move and achieve results learn more _ good . Injuries that occur must get help and treatment as early as maybe , for students, sportsmen or perpetrator sport No experience more fatal pain and can give rise to disability , so He quick can follow activity physical , practice and study motion again . One that should be studied is treatment and prevention injury moment PJOK learning . Technique and experience handling injury This usually obtained from long learning _ or from account - colleague colleague fellow teacher _ more experienced . Education special about handling injury This is topic which is frequent discussed .

Magelang City MGMP PJOK teacher community have a common agenda increase ability in carry out task a day day as a physical education teacher communicate , discuss and share experience in teaching and learning physical education is lack of maximum existing programs _ because lack of Appropriate Human Resources (HR). with the field . [2] [3]

Based on discussion together with Partners, then agreed various mentoring programs Prevention and Treatment Injury moment PJOK learning at the District MGMP Magelang

METHOD

By special in the Community Service program this society will develop field social , economic , environmental and empowerment society . So with draft based on empowerment society , hopefully can increase understanding knowledge and skills in a way sustainable and even can develop other existing potentials . So that method empowerment used _ is empowerment according to Aras Mezzo , namely empowerment done with use group as an intervention medium : education and training, as well dynamics group [1]. In accordance with the target output achieved , lecturers are involved in this program is a lecturer at the PJKR Department who has knowledge and skills in field sports treatment , prevention injury as well as the sports massage of the proposing team activity have experience do Community service , good independent , funded faculty nor from the university as well from agency outside . Every activity held in a way collaborative between chairman and members team in accordance field each other's expertise . Implementation training and mentoring in a way integrated done together to achieve targets and outcomes .

RESULTS AND DISCUSSION

Results of activities devotion to community implemented in schools _ middle class in the Magelang City area explained based on three part activities that have been implemented , including :

Preparation Stage

Preparatory stage done For compile timetable implementation activity partners and continued socialization to society . Apart from that, it is also used For compile module training and also inventory needs in program implementation .

Implementation Activity

Implementation activity This covers all the solution has been designed by the proposing team together partner . Based on mapping problem priorities and solutions offered . _ coordination beginning program planning , among others determine goal , focus determine fill material , criteria , & activity format . Activity This held through *Focus Group Discussion* (FGD) between team devotion with underwriter answer activities at School Intermediate . Mrs. Yuli Kusumastuti, S.Pd. implementation Community Service that has been done arranged based on table 1. below This

Table.1. Implementation and schedule activity devotion society .

Activity	Activity Results	Executor
Stage counseling about problematic prevention injury	Enhancement knowledge about problematic prevention injury and treatment injury	Cahyo Yuwono On JUNE 7, 2023
Stage socialization handling injury moment exercising	Enhancement knowledge about injury	Cahyo Yuwono On JUNE 7, 2023
Stage Muscle Massage training For minimize potency injury muscle consequence activity physique	Enhancement muscle massage skills For minimize potency injury muscle consequence activity physique	Supriyono Ranu Baskora Aji Putra On June 8, 203

Part Two : Organizing Resources _

Organizing source Power related with parties and potential source associated power _ with activity devotion to public this . The parties involved _ among them head schools , stakeholders, teachers, participants education , and MGMP.

Management activity handled by both split party . Party school give not quite enough answer management under Mrs. Yuli Kusumastuti, S .Pd For organize participant activities and places its implementation . Teachers involved in activity This namely PJOK teachers, service team responsible answer in prepare and organize material training and accommodation activity like consumption , activity honorarium , as well facility online training .

Part Three : Implementation and Evaluation Activity Evaluation and Monitoring Stage

Evaluation and monitoring of activities held in a way together with involve partners involved _ according to the program implemented . Evaluation This aim For measure level the success of the program has been implemented . Whereas evaluation comprehensive implemented at the end program implementation , so can used For plan and prepare activities in the year next .

Results of activities devotion to public through training prevention and treatment injury moment PJOK learning (1) the teacher understands in a way comprehensive all knowledge about injury . (2) through good and systematic training , teachers have knowledge about causes and treatment injury ; (3) teachers can identify causes and solutions handling valid and practical injuries ; (4) the teacher will use massage for minimize injury muscle consequence activity physique in PJOK material as results activity this .

CONCLUSION

Conclusions obtained _ team devotion after carry out activities at School intermediate in Magelang city are increasingly teachers understand steps prevention and treatment to injury . Teachers are also getting better motivated For develop material if implemented in schools . Service team recommend necessity accompaniment technical in a way sustainable and comprehensive for teachers in schools middle class in the city Magelang in implement prevention and treatment injury moment PJOK learning in class . Schools are also necessary provide adequate facilities and infrastructure so that it can be done increase effectiveness and efficiency especially PJOK learning room scope material practice so that increase teacher and student motivation in Study through activity physical .

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