

Lifestyle, Knowledge of Sport Injury, and Physical Conditions of North Sumatera Futsal Athletes on PON XX

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Abstract. This study aims to obtain information on lifestyle, knowledge of sports injuries, and the physical condition of North Sumatera futsal athletes in XX PON. The method used is a mixed method. the research sample amounted to 14 people. The instruments used are questionnaires, and physical condition tests. Research results: 1). The lifestyle category gets very good results 2). Category of sports injury knowledge obtained 3). The category of physical condition obtained moderate results. The factor that influenced the results of this study was that the training program prepared by the coach was not carried out as well as possible by the athletes.

Keywords: Knowledge of sports injuries, Lifestyle, Physical condition.

1 Introduction

In the XX PON which was held in Papua, the Sumatera futsal team was unable to qualify for the group stage and was only able to finish in 4th place. To achieve sports achievements, it takes a long time. The training time required for each branch is different. The peak achievements of each branch are different from each other, but no achievement can be achieved instantly in a short time. Today what athletes need is not only to train but to be able to maintain their lifestyle. Lifestyle is basically a comprehensive program regarding health, physical fitness, nutrition and recreation as an effort to balance between physical and mental activities, such as sports activities carried out in a planned manner will not only shape the physical, intellectual, moral, morale. and individual service, but will also improve the quality of life of the perpetrator as a member of a group in society (Pangkahila et al, 2015)[1]. In addition to the athlete's lifestyle factors, knowledge in sports injuries is also an important thing to pay attention to. It is unfortunate if precisely because of these sports injuries, sports players find it difficult to improve or maintain their achievements or fitness. Sports injury is pain caused by exercise, so that it quickly causes disability, injury and damage to muscles or joints and other parts of the body. Sports injuries if not handled quickly and correctly can result in disruption to physical conditions, both in carrying out daily living activities and carrying out relevant sports activities (Sanusi, 2020)[2]. According to Bompa (2000) injuries are caused by lack of knowledge about proper exercise and weight gain, wrong posture when lifting weights, and weak abdominal muscles [3]. In this case, all

¹ Pangkahila, E. A., Siswanto, F. M., Kedokteran, F., Sam, U., Kedokteran, F., & Universitas, H. (2015). "Pola Hidup Tidak Teratur Dan Aktivitas Fisik Berlebih Menurunkan Kemampuan Aktivitas Seksual". *Sport And Fitness Journal*, 3(1), 59–69

² Sanusi, P. Dkk. 2020. "Pembembangan Buku Ajar Pengetahuan Dan Terapi Cedera Olahraga". *Journal*

athletes, both beginners and those who have excelled, especially teenagers and children who have not developed their skills have the potential to experience injury. Physical condition is an important factor in achieving achievement in the field of sports. According to Pesurnay (2007) physical conditions in sports are all physical abilities that determine achievement whose realization is carried out through personal abilities (ability; motivation). With all physical physical abilities, of course consisting of physical elements whose roles vary from one branch to another, we can perform better and optimally [4].

Based on the description above, the researchers are interested in examining futsal athletes by looking at the lifestyle, sports injuries, and physical conditions of futsal athletes in North Sumatra at the 2021 PON. With the title "Lifestyle, Knowledge of Sports Injury, and Physical Condition of North Sumatera Futsal Athletes in PON XX". Based on the background, problem identification, and problem boundaries, the problem can be formulated as follows:

- What is the lifestyle of North Sumatra futsal athletes in XX PON?
- How is the knowledge of sports injuries for North Sumatra futsal athletes in XX PON?
- How is the physical condition of the North Sumatera futsal athletes in XX PON?

2 Method

2.1 Data collection technique

Data collection techniques greatly affect the success of research because data collection is intended to obtain information that can be accounted for and can be trusted. The data collection technique is a tool used by researchers to obtain valid data so that it does not cause doubt. The data needed in this study is in the form of information regarding the implementation of a healthy lifestyle, knowledge of sports injuries, and the physical condition of North Sumatra futsal athletes which can be obtained through several methods and tools. The technique of collecting data in this research is the method of interviews, questionnaires, and observation. Interview and documentation methods as a complement to data collection from all research dimensions in the analysis process.

2.2 types of research

This research is classified as a quantitative descriptive research. The design used in this study is a mix method that uses two research approaches at once, namely a qualitative approach and a quantitative approach, which in this study a qualitative approach and is supported by a descriptive quantitative approach. Mix method is a research approach that combines or combines qualitative and quantitative forms (Creswell, 2014: 5) [5]. According to Sugiyono, 2013: 20) [6] mixed method research will be useful if quantitative or qualitative methods are not accurate enough to be used alone in research problems, or using quantitative and qualitative methods in combination will be able to obtain the best understanding when compared to one method.

³ Bompa, T.O. (2000). Total Training for Young Champions. USA: Human Kinetics.

⁴ Pesurnay. P.L dan Zafar S. (2007). Materi Penataran Pelatihan Fisik Tingkat Provinsi Se-Indonesia. Bandung: FPOK UPI.

⁵ Creswell, J. W. 2014. Research design : qualitative, quantitative, and mixed methods approaches— 4th ed. USA : SAGE Publications, Inc.

⁶ Sugiyono, 2013, Metodologi Penelitian Kuantitatif, Kualitatif Dan R&D. (Bandung: ALFABETA)

So this research procedure, will produce descriptive data with a quantitative approach used to obtain in-depth and comprehensive evaluation results, this approach is used to explain quantitative data (numbers) obtained through research questionnaires. Meanwhile, a qualitative approach was used to obtain information about the implementation of a healthy lifestyle, knowledge of sports injuries, and the physical condition of North Sumatera futsal athletes at PON 2021.

3 Research Subjects and Objects

3.1 Research Location and Time

The location of this research was conducted at GOR PEMPROVSU for data collection in the form of interviews, giving questionnaires and filling out questionnaires. This research was conducted from June 2021 to February 2022.

3.2 Sample Population and Sampling Technique

a) Population

The population is the entire object of research or the object under study (Notoatmodjo,2010) [7]. The population used in this study were all futsal athletes of North Sumatra.

b) Sample

The sample is the object under study which is considered to represent the entire population (Notoadmodjo, 2010) [7]. The sampling technique in this study was carried out with total sampling, namely all athletes were used for data collection. The total sampling of PON athletes in futsal is 14 people.

4 Research results and discussion

4.1 Lifestyle

Table 1. Percentage of Lifestyle Questionnaire for North Sumatra PON Futsal Athletes

| Name | Amount | P(%) |
|----------------------|--------|-------|
| Satria Yudhistira | 72 | 90 |
| Calliestein Saragih | 68 | 85 |
| Aulia Rahmad Siregar | 53 | 66.25 |
| Sauqy Saud Lubis | 56 | 70 |
| M. Rifaldy Tanjung | 63 | 78.75 |
| Irvan Situmorang | 62 | 77.5 |
| Aji Sutria Bagus | 70 | 87.5 |
| M. Zuhri Nur Akbar | 61 | 76.25 |
| Arif Fahrozi | 68 | 85 |
| Mahyar Siddiq | 76 | 95 |
| M. Reza P Harahap | 60 | 75 |

⁷ Notoatmodjo, S. (2010) Ilmu Perilaku Kesehatan. Jakarta: Rineka Cipta. 2010. Promosi Kesehatan dan Perilaku Kesehatan, Jakarta:Rineka Cipta

| | | |
|---------------------|-----|-------|
| M. Ripai Saragih | 62 | 77.5 |
| M. Lutfy Lubis | 64 | 80 |
| Tampun Alghaffar T. | 64 | 80 |
| Jumlah | 899 | 80.27 |

From table 4.1, the results of the questionnaire on the lifestyle of PON XX athletes for the Sumatera Futsal Branch 2021 obtained 7 athletes (50%) in the very good category, 6 athletes (42.86%) in the good category, and 1 athlete (7.14%) in the moderate category. Factors that affect the results of 66.25% in the moderate category are irregular eating patterns, eating vegetables and fruit, consuming milk, sleeping 6-8 hours, rest schedules, exercise schedules, socialization with other athletes, and regular exercise.

4.2 Knowledge of Sport Injury

Table 2 Percentage of Sport Injury Questionnaire for North Sumatra PON Futsal Athletes

| Name | Jumlah | P (%) |
|----------------------|--------|-------|
| Satria Yudhistira | 61 | 9.32 |
| Calliestein Saragih | 57 | 4.77 |
| Aulia Rahmad Siregar | 69 | 8.41 |
| Sauqy Saud Lubis | 59 | 7.05 |
| M. Rifaldy Tanjung | 56 | 3.64 |
| Irvan Situmorang | 54 | 1.36 |
| Aji Sutria Bagus | 63 | 1.59 |
| M. Zuhri Nur Akbar | 63 | 1.59 |
| Arif Fahrozi | 67 | 6.14 |
| Mahyar Siddiq | 65 | 3.86 |
| M. Reza P Harahap | 61 | 9.32 |
| M. Ripai Saragih | 65 | 3.86 |
| M. Lutfy Lubis | 56 | 3.64 |
| Tampun Alghaffar T. | 58 | 5.91 |
| Jumlah | 854 | 69,32 |

From table 4.2 the results of the sports injury knowledge questionnaire for XX PON Sumatra Futsal Sports in 2021 obtained 6 athletes (42.86%) in the good category, and 8 athletes (57.14%) in the moderate category. Factors affecting the results of 57.14% in the moderate category were frequent cramps, bruising, and muscle tension. Injuries experienced by athletes are also caused by lack of warm-up, fatigue, movement or technique errors, not following the coach's directions, training equipment that does not meet training standards and the process of handling injuries experienced is not handled as quickly and optimally as possible by athletes.

4.3 Physical Condition

Table 3. T-Score of Test Physical Condition for North Sumatra PON Futsal Athletes

| Name | VO2max | Speed | Flexibility | Strenght | Average |
|----------------------|-------------|-------------|-------------|-------------|-------------|
| Satria Yudhistira | 31,34296656 | 31,14988264 | 55,15364915 | 53,81481079 | 42,86532729 |
| Calliestein Saragih | 29,39580013 | 36,3609165 | 42,60563383 | 65,1357865 | 43,37453424 |
| Aulia Rahmad Siregar | 47,19846463 | 54,97175169 | 47,83397355 | 46,20988054 | 49,0535176 |
| Sauqy Saud Lubis | 53,59629718 | 61,67165236 | 46,7883056 | 56,49382031 | 54,63751886 |
| M. Rifaldy Tanjung | 53,03996392 | 41,57195035 | 38,42296206 | 57,8765349 | 47,72785281 |
| Irvan Situmorang | 42,7477985 | 46,03855079 | 54,10798121 | 41,45679914 | 46,08778241 |
| Aji Sutria Bagus | 53,59629718 | 45,29411739 | 67,70166447 | 55,19752538 | 55,44740111 |
| M. Zuhri Nur Akbar | 49,70196432 | 46,03855079 | 27,96628262 | 53,81481079 | 44,38040213 |
| Arif Fahrozi | 51,37096412 | 48,27185102 | 58,29065298 | 33,67902957 | 47,90312442 |
| Mahyar Siddiq | 50,53646422 | 46,03855079 | 52,01664532 | 31,77779701 | 45,09236434 |
| M. Reza P Harahap | 60,27229637 | 61,29943565 | 56,19931709 | 52,51851586 | 57,57239124 |
| M. Ripai Saragih | 57,76879667 | 60,18278554 | 42,60563383 | 45,86420189 | 51,60535448 |
| M. Lutfy Lubis | 65,83562902 | 60,92721895 | 59,33632092 | 62,6296163 | 62,1821963 |
| Tampan Alghaffar T. | 53,59629718 | 60,18278554 | 50,97097738 | 43,53087102 | 52,07023278 |
| Average | | | | | 50 |

Norm Classification Categorization Formula for Physical Condition Test

| Formulas | Category | Tally | Total |
|-------------------------------|---------------|---------------------------------|-------------|
| $X > M + 1,5 SD$ | Sangat Baik | $X > 58,72678308$ | 58,72678308 |
| $M + 0,5 SD < X < M + 1,5 SD$ | Baik | $52,90892769 < X < 58,72678308$ | 52,90892769 |
| $M - 0,5 SD < X < M + 0,5 SD$ | Sedang | $47,09107231 < X < 52,90892769$ | 47,09107231 |
| $M - 1,5 SD < X < M - 0,5 SD$ | Kurang | $41,27321692 < X < 47,09107231$ | 41,27321692 |
| $X < M - 1,5 SD$ | Sangat Kurang | $X < 41,27321692$ | |

From table.3 based on the results of the T-score obtained, it is stated that the physical condition of the North Sumatra futsal athletes at the 2021 PON is dominated by the average physical condition of the futsal athletes being 50.00 in the Medium category.

5 Conclusion

Based on the results and discussion of the research, the following conclusions can be drawn:

The lifestyle of North Sumatra futsal athletes at PON 2021 is very good. Knowledge of sports injuries for North Sumatra futsal athletes at PON 2021 is moderate. The physical condition of the North Sumatra futsal athletes at the 2021 PON is moderate.

Suggestions. Coaches can make better training programs, so that training programs can be created that can improve athletes' physical conditions, regulate healthy lifestyles, and tell athletes to prevent themselves from injury. For athletes, if you want to excel, you must maintain a lifestyle, especially resting and eating patterns, then improve the performance of physical conditions so that they can play optimally in PON 2024, and understand injury knowledge so that when injured they can help themselves. To the management, in order to maximize experts in injury knowledge, to maximize the role of coaches in improving the physical condition of athletes and to provide punishment to athletes who are not disciplined in carrying out their lifestyle.

Research Implications. Implication is a consequence or direct result of the findings of a scientific research. The results of this study are about lifestyle, knowledge of sports injuries, and physical condition of North Sumatra futsal athletes at PON 2021. A study that has been carried out has implications for further research, the implications are as follows: The defeat that hit the North Sumatra futsal team at PON 2021, then the loss of achievement of one of the North Sumatra futsal athletes due to lack of knowledge of athletes, coaches, or administrators about lifestyle, sports injuries, and less than optimal physical conditions. Based on the theory that has been formulated, it can be seen that lifestyle, sports injuries, and physical conditions have a significant influence on the achievements to be achieved by an athlete or team.

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