

## **ABSTRAK**

### **ANALISIS TINGKAT RISIKO CEDERA *OVERUSE* BERDASARKAN FAKTOR LATIHAN PADA PEMAIN SEKOLAH SEPAK BOLA *AD'SPORT SOCCER SCHOOL***

**Oleh**

**KIKI WULANDARI**

Penelitian ini bertujuan untuk mengetahui tingkat risiko cedera *overuse* dan untuk menganalisis faktor latihan terhadap tingkat risiko cedera *overuse*. Populasi pada penelitian ini adalah pemain Ad'Sport Soccer School usia 13-17 tahun yang berjumlah 30 pemain dengan sampel total sampling, dimana seluruh populasi dijadikan sampel. Metode penelitian yang digunakan adalah deskriptif kuantitatif. Instrumen yang digunakan untuk mengumpulkan data adalah angket tertutup dengan analisis data statistik deskriptif presentase. Hasil penelitian menunjukkan tingkat risiko cedera *overuse* berdasarkan faktor latihan ditinjau dari keseluruhan indikator berada pada kategori sangat tinggi dengan presentase sebesar 33% sebanyak 10 pemain. Risiko cedera *overuse* ditinjau dari indikator pemanasan & pendinginan berada pada kategori sangat tinggi 30% sebanyak 9 pemain. Risiko cedera *overuse* ditinjau dari indikator frekuensi latihan berada pada kategori rendah 40% sebanyak 12 pemain. Risiko cedera *overuse* ditinjau dari indikator Durasi latihan berada pada kategori sedang 40% sebanyak 12 pemain. Indikator intensitas latihan berada pada kategori sedang 43% sebanyak 13 pemain. Indikator istirahat & pemulihan berada pada kategori rendah 30% sebanyak 9 pemain. Risiko cedera *overuse* berada pada kategori sedang 37% sebanyak 11 pemain.

**Kata Kunci :** Risiko Cedera *Overuse*, Faktor Latihan, Sekolah Sepak Bola

## **ABSTRACT**

### **ANALYSIS OF OVERUSE INJURY RISK LEVEL BASED ON TRAINING FACTORS IN AD'SPORT SOCCER SCHOOL**

*By*

**KIKI WULANDARI**

*This study aims to determine the level of overuse injury risk and to analyze training factors related to the level of overuse injury risk. The population in this study consists of Ad'Sport Soccer School players aged 13-17 years, totaling 30 players, with a total sampling method where the entire population is used as the sample. The research method used is quantitative descriptive. The instrument employed to collect data is a closed questionnaire, with data analysis using descriptive statistical percentages. The results of the study indicate that the level of overuse injury risk based on training factors, as assessed from all indicators, falls into the very high category, with a percentage of 33%, corresponding to 10 players. The risk of overuse injury, assessed from the warm-up and cool-down indicators, falls into the very high category at 30%, corresponding to 9 players. The risk of overuse injury, evaluated from the training frequency indicator, is categorized as low at 40%, corresponding to 12 players. The risk of overuse injury, based on the training duration indicator, is categorized as moderate at 40%, corresponding to 12 players. The training intensity indicator is categorized as moderate at 43%, corresponding to 13 players. The rest and recovery indicator is categorized as low at 30%, corresponding to 9 players. Overall, the risk of overuse injury is categorized as moderate at 37%, corresponding to 11 players.*

**Keywords:** *Overuse Injury Risk, Training Factors, Soccer School*