

RINGKASAN

**FAKTOR RISIKO INTRINSIK KEJADIAN CEDERA LUTUT PADA
ATLET ANGGAR DI PUSLATDA JAWA TIMUR**

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Anggar merupakan salah satu cabang olahraga yang dipertandingkan di pentas olahraga besar, baik nasional maupun internasional. Anggar juga memiliki risiko cedera tinggi dan lutut merupakan lokasi cedera paling umum menurut pengamatan penulis. Walaupun begitu, studi tentang cedera lutut pada atlet anggar sangat jarang ditemukan, bahkan tidak ada di Indonesia. Tujuan dari penelitian ini mengetahui prevalensi kejadian dan profil risiko intrinsik pada atlet anggar di PUSLATDA Jawa Timur. Metode yang digunakan pada penelitian ini adalah deskriptif observasional dengan menggunakan data *screening* atlet dari Sport Clinic RSUD Dr. Soetomo dan data kebugaran dari KONI. Penelitian ini melibatkan 14 atlet anggar di PUSLATDA Jawa Timur. Dari 14 atlet yang diikutkan dalam penelitian ini, didapatkan 1 atlet (7,1%) yang mengalami cedera lutut dan 13 atlet (92,9%) yang tidak mengalami cedera lutut. Atlet yang mengalami cedera adalah seorang atlet senior, perempuan, memiliki IMT *overweight*, memiliki riwayat cedera lutut, memiliki tingkat VO₂max sedang, memiliki ROM lutut dan *alignment* normal, dan melakukan latihan penguatan kaki sebanyak 1-2 kali dalam kurun waktu seminggu.

KATA KUNCI : Anggar, Cedera, Lutut, Faktor Risiko Intrinsik

ABSTRACT

***INTRINSIC RISK FACTORS OF KNEE INJURY IN EAST JAVA
REGIONAL TRAINING CENTER'S FENCING ATHLETES***

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BACKGROUND: Fencing is one of the many sports that are competed in major sports events, both nationally and internationally. Fencing also has a high risk of injury and knee is the most common injury site according to the authors' observations. Even so, studies on knee injuries in fencing athletes are very scarce, especially in Indonesia.

OBJECTIVE: The objective of this study is to ascertain the prevalence of knee injuries and its intrinsic risk profile in fencing athletes at East Java regional training center.

METHOD: The method used in this study was descriptive observational using athletes' health screening data obtained from Sport Clinic RSUD Dr. Soetomo and athletes' fitness data obtained from KONI.

RESULTS: This research involved 14 fencing athletes that were active in East Java regional training center. Of the 14 athletes who were included in this study, it was found that 1 athlete (7.1%) had a knee injury and 13 athletes (92.9%) had no knee injury. The athlete who was injured was a senior, female, overweight, had history of knee injury, had average VO₂max, had normal knee ROM and alignment, and does 1-2 times leg strengthening exercises every week.

CONCLUSION: The prevalence of knee injuries in fencing athletes at East Java regional training center is 1 in 14 athletes.

KEY WORDS: Fencing, Injury, Knee, Intrinsic Risk Factors