

ABSTRACT

Ankle is a part of the body that is often injured. Injuries can occur as a result of various human activities, one of which is sport. Basketball is one of the sport that often causes ankle sprain injury. Athletes who have an ankle sprain injury are 20-40% more likely to have chronic ankle instability. The purpose of this study was to analyze the factors that related with ankle sprain injury in university basketball athletes in Surabaya.

This study was an analytic observational with a cross sectional design. The population of this research was university basketball athletes in Surabaya with the sample consisted 178 respondents. The sample selection uses simple random sampling techniques.

The results showed that the prevalence of terkilir pergelangan kaki injury ini university basketball athletes in Surabaya was 47,2%. The results also showed that there were a correlation between history of ankle sprain injury ($p=0,000$), history of ankle sprain injury management ($p=0,000$) and ankle instability ($p=0,000$) with ankle sprain injury but there were no correlation between gender ($p=0,946$) and exercise frequency ($p=0,726$) with ankle sprain injury.

The conclusion of this study was there was a relationship between the history of ankle sprain injury, history of ankle sprain injury management and ankle instability with ankle sprain injury in basketball athletes at university in Surabaya. Therefore, basketball athletes should properly treat ankle sprain injury and perform balance exercises regularly to improve stability. Related institutions needs to provide medical services to make it easier for athletes to check their ankle condition and rehabilitation after have ankle sprain injury.

Keywords: ankle sprain injury, basketball athletes, terkilir pergelangan kaki treatment, ankle stability

ABSTRAK

Pergelangan kaki merupakan bagian tubuh yang sering mengalami cedera. Cedera dapat terjadi akibat dari berbagai aktivitas manusia, salah satunya adalah olahraga. Bola basket merupakan olahraga yang sering menghasilkan kejadian cedera terkilir pergelangan kaki. Atlet yang mengalami cedera terkilir pergelangan kaki memiliki risiko sebesar 20-40% untuk mengalami ketidakstabilan pergelangan kaki kronis. Tujuan penelitian ini adalah untuk menganalisis faktor yang berhubungan dengan cedera terkilir pergelangan kaki pada atlet bola basket perguruan tinggi di Surabaya.

Penelitian ini termasuk penelitian observasional yang bersifat analitik, menggunakan desain penelitian *cross sectional*. Populasi penelitian adalah atlet bola basket perguruan tinggi di Surabaya, sedangkan besar sampel yaitu sebanyak 178 responden. Pemilihan sampel menggunakan teknik *simple random sampling*.

Hasil penelitian menunjukkan prevalensi cedera terkilir pergelangan kaki pada atlet bola basket perguruan tinggi di Surabaya sebesar 47,2%. Hasil penelitian juga menunjukkan bahwa terdapat hubungan antara riwayat cedera terkilir pergelangan kaki ($p=0,000$), riwayat penanganan cedera terkilir pergelangan kaki ($p=0,000$) dan stabilitas *ankle* ($p=0,000$), sedangkan tidak terdapat hubungan antara jenis kelamin ($p=0,946$) dan frekuensi latihan ($p=0,726$) dengan cedera terkilir pergelangan kaki.

Kesimpulan dalam penelitian ini adalah faktor risiko yang berhubungan dengan cedera terkilir pergelangan kaki yaitu riwayat cedera terkilir pergelangan kaki, riwayat penanganan cedera terkilir pergelangan kaki dan stabilitas *ankle*. Oleh karena itu, atlet bola basket sebaiknya melakukan penanganan cedera terkilir pergelangan kaki dengan tepat dan melakukan latihan keseimbangan secara rutin guna meningkatkan stabilitas. Institusi terkait perlu menyediakan pelayanan medis agar atlet lebih mudah untuk melakukan pemeriksaan terkait kondisi pergelangan kaki serta rehabilitasi pasca mengalami cedera terkilir pergelangan kaki.

Kata Kunci : terkilir pergelangan kaki, atlet bola basket, penanganan cedera terkilir pergelangan kaki, stabilitas *ankle*