

HUBUNGAN TINGKAT PENGETAHUAN PRICE DENGAN PENANGANAN CEDERA OLAHRAGA AKUT PADA MAHASISWA JURUSAN ILMU OLAHRAGA DAN KESEHATAN (IOK) UNDIKSHA

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Abstrak

Cedera olahraga akut merupakan salah satu risiko yang sering terjadi pada mahasiswa yang aktif melakukan aktivitas olahraga. Kurangnya pengetahuan mengenai metode penanganan cedera yang tepat dapat menyebabkan kesalahan dalam pemberian pertolongan pertama sehingga memperparah kondisi cedera. Penelitian ini bertujuan untuk mengetahui hubungan tingkat pengetahuan metode PRICE (*Protect, Rest, Ice, Compression, Elevation*) dengan penanganan cedera olahraga akut pada mahasiswa Jurusan Ilmu Olahraga dan Kesehatan (IOK) Undiksha, serta besarnya kontribusi pengetahuan tersebut.

Penelitian ini menggunakan metode kuantitatif dengan pendekatan korelasional dan desain cross-sectional. Populasi penelitian berjumlah 110 mahasiswa Jurusan IOK Undiksha angkatan 2022/2025 dengan sampel 52 responden. Pengumpulan data dilakukan melalui pengukuran pengetahuan dan praktik penanganan cedera olahraga akut. Analisis data menggunakan statistik deskriptif, uji korelasi parson, dan koefisien determinasi.

Hasil penelitian menunjukkan bahwa mayoritas mahasiswa memiliki tingkat pengetahuan metode PRICE berada pada tingkat baik (92,3%) dan kemampuan penanganan cedera berada pada kategori sangat terampil (90,4%). Uji korelasi pearson menunjukkan nilai $r = 0,885$ dengan nilai signifikansi $p = 0,000$ ($p < 0,05$), yang berarti terdapat hubungan yang signifikan antara tingkat pengetahuan metode PRICE dengan penanganan cedera olahraga akut. Hasil koefisien determinasi (R^2) menunjukkan bahwa tingkat pengetahuan metode PRICE memberikan kontribusi sebesar 78,32% pada mahasiswa Jurusan IOK Undiksha. Penelitian ini menyimpulkan bahwa semakin tinggi tingkat pengetahuan metode PRICE, maka semakin baik pula kemampuan mahasiswa dalam melakukan penanganan cedera olahraga akut. Pengetahuan metode PRICE berperan penting sebagai landasan kognitif dalam meningkatkan efektivitas penanganan awal cedera olahraga.

Kata Kunci : *Pengetahuan, Metode PRICE, Penanganan cedera*

**THE RELATIONSHIP BETWEEN THE LEVEL OF KNOWLEDGE OF THE
PRICE METHOD AND THE MANAGEMENT OF ACUTE SPORTS INJURIES
AMONG STUDENTS OF THE DEPARTMENT OF SPORTS AND HEALTH
SCIENCES (IOK) UNDIKSHA**

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Abstract

Acute sports injuries are among the risks frequently encountered by students who actively participate in sports activities. Lack of knowledge regarding appropriate injury management methods may lead to errors in providing first aid, potentially worsening the condition of the injury. This study aimed to determine the relationship between the level of knowledge of the PRICE method (Protect, Rest, Ice, Compression, and Elevation) and the management of acute sports injuries among students of the Department of Sports and Health Sciences (IOK), Undiksha, as well as to determine the contribution of such knowledge.

This study employed a quantitative method with a correlational approach and a cross-sectional design. The study population consisted of 110 students of the Department of IOK, Undiksha, from the 2022–2025 cohorts, with a sample of 52 respondents. Data were collected through assessments of knowledge and the practice of managing acute sports injuries. Data analysis was conducted using descriptive statistics, the Pearson correlation test, and the coefficient of determination.

The results showed that the majority of students had a good level of knowledge of the PRICE method (92.3%), while their ability to manage acute sports injuries was categorized as highly skilled (90.4%). The Pearson correlation test showed a correlation coefficient of $r = 0.885$ with a significance value of $p = 0.000$ ($p < 0.05$), indicating a significant relationship between the level of knowledge of the PRICE method and the management of acute sports injuries. The coefficient of determination (R^2) indicated that knowledge of the PRICE method contributed 78.32% to the management of acute sports injuries among students of the Department of IOK, Undiksha. This study concludes that the higher the students' level of knowledge of the PRICE method, the better their ability to manage acute sports injuries. Knowledge of the PRICE method plays an important role as a cognitive foundation for improving the effectiveness of initial sports injury management.

Keywords : Knowledge, PRICE Method, Injury Management