

# APPLICATION OF PEACE AND LOVE TO SPRAIN ANKLE INJURY OF FOOTBALL PLAYERS

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## SUMMARY

**Background:** Sport is an activity that plays an important role in one's physical fitness and is also an important method for reducing stress, one of the most popular and well-known sports throughout the world, including Indonesia, is soccer. Football is a sport that requires a lot of technical skills as well as static, semi-dynamic and dynamic balance. The large number of movements carried out by soccer players carries the risk of injury to athletes. Sports injuries are injuries to the muscular and skeletal systems caused by sports activities, one of which is an ankle sprain injury. Promotive efforts to overcome ankle sprain injuries in soccer players, a Communication, Education and Information (IEC) media is needed. **Purpose:** Increase knowledge, especially for soccer players, about handling ankle sprain injuries using Peace and Love. **Method:** The selected IEC media is in the form of video as IEC media because it has several advantages that were made by taking into account the guidelines from the University of 'Aisyiyah Surakarta. **Results:** KIE media in the form of a video entitled "Application of Peace and Love for Soccer Players' Ankle Sprain Injuries" contains about ankle sprain injuries and peace and love. **Conclusion:** The video entitled Application of Peace and Love Against Sprain Ankle In Soccer Players" was chosen as a media for health promotion targeting health practitioners, especially soccer players.

**Keywords:** Soccer Player, Ankle Sprain Injury, Peace and Love