

THE EFFECT OF SPRAIN INJURY MANAGEMENT EDUCATION USING THE PRICE SIMULATION METHOD ON THE KNOWLEDGE LEVEL OF SILAT ATHLETES AT PENCAK SILAT CEMPAKA PUTIH

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ABSTRACT

Background : Pencak Silat is a cultural heritage of the Indonesian people developed to defend and maintain their existence (independence) and integrity (unity) in relation to their environment, aiming to achieve harmony in life and to enhance faith and devotion.

Despite its many benefits, sports activities such as Pencak Silat also carry risks, especially when performed without adhering to health and safety principles. Injuries that seem minor may have significant consequences in the future. In many cases, improper initial treatment can worsen the condition of the injury.

First aid is administered using the PRICE method. This method is simple to perform and does not require waiting for medical personnel. PRICE stands for Protection, Rest, Ice, Compression, and Elevation, and it aims to control bruising, reduce pain, and restore joint range of motion. In addition, functional rehabilitation assists patients in returning to activity quickly and helps prevent chronic instability.

Objective : To know the effect of sprain injury management education using the PRICE simulation method on the knowledge level of silat athletes at Pencak Silat Cempaka Putih.

Method : The type of research used is quantitative research, with a pre-experimental one-group pretest-posttest design involving 22 members of Pencak Silat Cempaka Putih Sub. Suruh Tasikmadu using total sampling. Data analysis used the Wilcoxon test. The knowledge level scores of PRICE were categorized into 3, namely good knowledge with a score of 76–100%, moderate knowledge if the score was 60–75%, and poor knowledge if the score was <60%.

Results : P value < 0,001 “ Influences the knowledge level of first aid for injuries using the PRICE method during Pencak Silat Cempaka Putih training. Wilcoxon test results: negative ranks 0, positive ranks 22, ties 0.

Conclusion : There is an effect of providing sprain injury management education using the PRICE method on the knowledge level of silat athletes at Pencak Silat Cempaka Putih.

Keywords : Pencak Silat, injury, ankle sprain, PRICE method