

Survey of Teachers' Knowledge Level on the Application of Injury Management with Rice and Exercise Therapy Methods in MGMP PJOK SMP in Cilacap Regency



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ABSTRACT: The number of injuries that occur in the educational environment, but not all teachers are able to provide first aid and handle injuries appropriately, so that injuries that occur can become worse and can cause recurrence. The purpose of this study was to determine the level of knowledge of the RICE method and exercise therapy on injury management in MGMP PJOK SMP in Cilacap Regency. This research is a quantitative descriptive research with data collection using a survey. The population in this study were junior high school PJOK teachers in Cilacap Regency, Central Java, totaling 164 people from 74 junior high schools. Calculation of sample size using the Slovin formula and with incidental sampling techniques, so that the sample needed in this study was 116 respondents. This research instrument is a questionnaire that has been tested for validation and reliability test obtained a Cronbach alpha value of 0.862. Data analysis was carried out in the form of percentages. The results of this study indicate that the level of knowledge of the RICE method and exercise therapy on injury management in the MGMP PJOK SMP in Cilacap Regency with the highest frequency is in the less category at 37.07%. The level of teacher knowledge regarding injury management with the RICE Method and Exercise Therapy at MGMP PJOK SMP in Cilacap Regency which is categorized as very good is 8.62%, good 18.97%, sufficient 34.48%, less 37.07% and very less 0.86%. So it is concluded that the level of teacher knowledge of the application of injury management with the RICE method and exercise therapy in MGMP PJOK SMP Cilacap Regency is lacking. Suggestions for further research are able to compare Cilacap Regency data with other districts or cities.

KEYWORDS: knowledge, application, RICE, exercise therapy

I. INTRODUCTION

Injury is damage to the structure and function of the body caused by physical or chemical stress. Injury can be defined as a violent event that occurs and hits the body's tissues suddenly, violently and intensively, causing pain, heat, swelling, redness, and dysfunction in muscles, tendons, ligaments, and joints and bones (Burhanudin 2021). Injuries experienced by a person cause pain, this is due to damage to body structures such as bones, joints, ligaments, and muscles, both in the form of closed and open injuries. Injuries can be experienced by anyone at home, school, or work. According to WHO (2019) injuries rank among the top causes of death and lifelong disability among children aged 5-14 years.

According to the Indonesian Ministry of Health (2018), the prevalence of patients with injuries in Indonesia was 8.2%, with the highest value in South Sulawesi at 12.8%, and the most common type of injury was scratches / bruises at 70.9%. According to data from Riskesdas (2018), an assessment of injury incidence has been conducted. The data showed that the age group 15-22 years had the highest number of injuries. This data suggests that the age group most commonly injured is children. Knowledge about injury prevention and treatment is very important for PJOK teachers. This is because injuries that occur to students during PJOK learning can be handled immediately by the PJOK teacher without having to immediately refer to the hospital or other parties for injury treatment. Robin, (2016) stated that although there are many factors that cause injuries, teachers' knowledge about injury prevention is still lacking. Preventive measures and early handling by teachers can help reduce student injuries, but improper handling at the beginning can have negative consequences later on (Sihaloho, 2019).

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Based on the results of observations from eight teachers in five junior high schools in Cilacap Regency, there are two teachers who do not understand the treatment of injuries using the RICE method, especially at the point of ice, which distinguishes between cold and hot compresses. Regarding post-injury treatment using exercise therapy, only three teachers understood what exercise therapy was, its function and purpose. There have been many studies related to RICE and exercise therapy but with samples of teachers, coaches, athletes and others, from the results of these studies some stated that they did not or did not understand. As from Miftachun's research (2021) which shows that there is still a lack of knowledge in soccer players at the Ricky Nelson Academy regarding exercise therapy for ankle injuries which is in the low category. Normaisyah (2020) regarding Understanding Injury Handling with the RICE Method for PJOK Teachers in Kediri Regency which shows that the level of understanding of handling injuries with the RICE method is sufficient. Knowledge of injury prevention and treatment is very important for PJOK teachers. This is because injuries that occur to students during PJOK learning can be handled immediately by PJOK teachers without having to immediately refer to the hospital or other parties for injury treatment. Robin, (2016) stated that although there are many factors that cause injuries, teachers' knowledge about injury prevention is still lacking. Preventive measures and early handling by teachers can help reduce student injuries, but improper handling at the beginning can have negative consequences later on (Sihaloho, 2019).

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Efforts are made to overcome the initial injury by using the Rest, Ice, Compression, Elevation (RICE) method. RICE can contribute to the injury healing process by stopping and reducing bleeding and swelling in injured blood vessels, reducing and relieving pain in injuries caused by the use of ice. In addition to helping in the recovery of sports injuries, injury treatment using the RICE method is a procedure that is easily carried out by Physical Education, Sports and Health (PJOK) teachers (Normaisyah et al., 2020: 3). After getting injury treatment with this RICE method, the hope is that students can return to their normal activities, without being disturbed by the same injury. However, in reality, the injury experienced has not fully recovered and caused the same injury. This is due to the lack of proper post-injury supportive rehabilitation and exercise therapy, resulting in frequent recurrences. Efforts that can be made to prevent recurrence of the same injury is to do Exercise therapy or Exercise therapy. Exercise therapy is important in the recovery process after injury or chronic disease disorders. Through exercise therapy, the main goal is to restore body functions that have decreased to their original state (Festiawan, 2021). Exercise therapy is used to rehabilitate individuals who experience musculoskeletal disorders, especially joint injuries, with the aim of restoring joint function as much as possible to its original condition. Overall, exercise therapy is a physical activity that is carried out systematically with the aim of improving or preventing joint function disorders and optimizing joint function. (Arovah, 2021: 49).

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II. METOD

This research is qualitative research with data collection using surveys. The research method used is descriptive quantitative. The quantitative approach emphasizes its analysis on numerical data (numbers) processed by statistical methods (Azwar, 2016: 5). This research is about the level of teacher knowledge of the application of injury management with the RICE and Exercise Therapy methods at the MGMP PJOK SMP in Cilacap Regency. This means that in this study the researcher wants to describe how good the level of teacher knowledge is on the application of injury management with the RICE method and Exercise Therapy at MGMP PJOK SMP in Cilacap Regency. Data collection using the survey method. This study uses a questionnaire method or questionnaire type choice as a data collection technique. This research is online using a digital platform, namely google form. The questionnaire was distributed by sending a link to the questionnaire that had been prepared to junior high school PJOK teachers in Cilacap Regency. This research was conducted on November 01-09, 2023. The population in this study were junior high school PJOK teachers in Cilacap Regency, Central Java, totaling 164 people from 74 junior high schools. This study used Incidental Sampling or Accidental Sampling, as a sampling method. The selection of samples by chance, known as Accidental Sampling is a technique in which anyone who happens to meet the researcher can be used as a sample, if it is deemed that the person who happened to be met is suitable as a data source (Sugiyono, 2016: 124).

The research instrument that will be used in this study is a questionnaire involving respondents' identity data and statements regarding knowledge and understanding regarding the application of the RICE method and exercise therapy in handling injuries to MGMP PJOK SMP in Cilacap Regency. This study will use an instrument in the form of a closed questionnaire. In this study, respondents will be asked to choose answers from the options provided by the researcher on each statement. The Likert scale will be used as a reference to provide values in the research instrument. The Likert scale is a method of measuring a person's attitude, opinion, or perception of a phenomenon that uses the distribution of responses as a value determination (Anzwar, 2015: 139). Azwar (2015: 139-140) divides the statements on the Likert Scale into two statements, namely favorable and unfavorable statements. Statements that are supportive or positive are referred to as favorable statements, while statements that are negative or unsupportive are referred to as unfavorable statements. In order to create a Likert Scale with four options for this assessment, the researcher eliminated the "neutral" or "undecided" option. This was done by the researcher so that it was clear whether the respondent had a positive or negative tendency. The questionnaire used is a questionnaire with a multilevel scale consisting of "Strongly Disagree", "Disagree", 'Agree', and "Strongly Agree". Scoring on this questionnaire will use a Likert scale. The score on the items in order from the choice of "Strongly Disagree" to "Strongly Agree" with a favorable (positive) statement is 1-2-3- 4, while for unfavorable (negative) statements will be scored 4-3- 2-1 (Azwar, 2015: 140).

The validity test used in this research is content validity which is carried out by one expert. The research instrument has been validated by Dr. Rifky Riyandi Prastyawan, M.Or. and it is said that "the statement items are in accordance with the questionnaire grid, it's just that there is a slight correction of the words used to be able to better measure the knowledge and application of the subject". Before the actual data collection is carried out, it is necessary to test the questionnaire as an instrument that has been prepared. The trial was conducted on October 25-27, 2023 on PJOK teachers in the Yogyakarta area. The number of research subjects was 34 PJOK teachers in the Yogyakarta area. Analysis of the trial data using computer assistance SPSS 25 Statistical Program Series showed that questionnaire items 2, 6, 14, 27, 28, 32, 34, 37, 38, and 42 were declared invalid because the resulting value was negative. This means that the item is not reliable (reliable), so the data on that number is discarded and not included in the analysis. Thus out of 43 statements that can be used as many as 33 statements. The complete analysis is in the validity and reliability appendix.

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The analysis carried out is a quantitative descriptive research data analysis used to determine the level of knowledge, and application of the RICE method and exercise therapy to injury management in MGMP PJOK SMP in Cilacap Regency through a questionnaire that has been filled in by PE teachers as respondents. The data obtained was then processed using the MS.Excel program. The analysis was carried out descriptively, and to facilitate tabulation, the answers were converted into quantitative form by giving a number or score to each statement. To determine the grouping category, first determine the minimum score and maximum score of the research score. Furthermore, determining the mean (average) and standard deviation of the scores obtained, the results of the mean and standard deviation are then used in scoring from Anas Sudijono (2012: 175) which is adjusted to the study of the level of learning implementation, as for the grouping as follows:

Table 1. Score Interpretation Criteria

Rent	Category
$X > M + 1,5 SD$	Very Good
$M + 0,5 SD < X \leq M + 1,5 SD$	Good
$M - 0,5 SD < X \leq M + 0,5 SD$	Fair
$M - 1,5 SD < X \leq M - 0,5 SD$	Less
$X \leq M - 1,5 SD$	Very Less

III. RESULT AND DISCUSSION

A. RESULT

The level of teacher knowledge of the application of injury management with the RICE and Exercise Therapy methods at the MGMP PJOK SMP in Cilacap Regency. with a mean of 102.23, a median value of 100.5, a value often appearing worth 95 and a standard deviation worth 8.95. While the highest score is 126 and the lowest score is 88. The level of teacher knowledge of the application of injury management with the RICE and Exercise Therapy methods at the MGMP PJOK SMP in Cilacap Regency can be categorized in the following table:

Table 2. Categorization of Teachers' Knowledge Level on the Application of Injury Management with the RICE Method and Exercise Therapy at MGMP PJOK Junior High School in Cilacap Regency

Category	frequency	%
Very Good	10	8,62
Good	22	18,97
Fair	40	34,48
Less	43	37,07
Very Less	1	0,86

The level of teacher knowledge of the application of injury management with the RICE method and Exercise Therapy in MGMP PJOK SMP in Cilacap Regency is less, the highest frequency is in the less category as many as 43 people or 37.07%. The level of teacher knowledge of the application of injury management with the RICE method and exercise therapy in the MGMP PJOK SMP in Cilacap Regency which is categorized as very good 10 people or 8.62%, good 22 people or 18.97%, enough 40 people or 34.48%, less 43 people or 37.07% and very less 1 person or 0.86%.

The level of knowledge and application of the RICE method to injury management in the MGMP PJOK SMP in Cilacap Regency with an average of 59.32, a median value of 59, a value often appearing at 60 and a standard deviation of 5.78. While the highest score is 77 and the lowest score is 47. The level of knowledge and application of the RICE method to injury management in the MGMP PJOK SMP in Cilacap Regency is categorized in the table below:

Table 3. Categorization of Knowledge Level and Application of the RICE Method to Injury Management in MGMP PJOK Junior High School in Cilacap Regency

Category	Frequency	%
Very Good	9	7,76
Good	22	18,97

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Fair	45	38,79
Less	34	29,31
Very Less	6	5,17

The level of knowledge and application of the RICE method to injury management in the MGMP PJOK SMP in Cilacap Regency is enough, the highest frequency is in the sufficient category of 45 people or 38.79%. The level of knowledge and application of the RICE method to injury management in the MGMP PJOK SMP in Cilacap Regency which is categorized as very good 9 people or 7.76%, good 22 people or 18.97%, enough 45 people or 38.79%, less 34 people or 29.31% and very less 6 people or 5.17%.

The level of knowledge and application of exercise therapy methods to injury management in MGMP PJOK SMP in Cilacap Regency with a mean of 42.91, the middle value is 41, the value often appears is 39 and the standard deviation is 4.81. While the highest score is 52 and the lowest score is 35. The level of knowledge and application of exercise therapy methods to injury management in MGMP PJOK Junior High School in Cilacap Regency can be categorized in the following table:

Table 4. Categorization of Knowledge Level and Application of Exercise therapy Method towards Injury Handling in MGMP PJOK Junior High School in Cilacap Regency

Category	Frequency	%
Very Good	16	13,79
Good	19	16,38
Fair	27	23,28
Less	53	45,69
Very Less	1	0,86

The level of knowledge and application of exercise therapy methods to injury management in MGMP PJOK SMP in Cilacap Regency is less, the highest frequency is in the less category of 53 people or 45.69%. The level of knowledge and application of exercise therapy methods to injury management in MGMP PJOK SMP in Cilacap Regency which is in the very good category as many as 16 people or 13.79%, good category as many as 19 people or 16.38%, sufficient category as many as 27 people or 23.28%, less category as many as 53 people or 45.69% and very less category as many as 1 person or 0.86%.

B. DISCUSSION

Based on the results of research on the Level of Teacher Knowledge of the Application of Injury Handling with the RICE Method and Exercise Therapy at MGMP PJOK Junior High School in Cilacap Regency, the results show that the level of Teacher Knowledge of the Application of Injury Handling with the RICE Method and Exercise Therapy at MGMP PJOK Junior High School in Cilacap Regency is less. This shows that the majority of participants in the MGMP PJOK Junior High School in Cilacap Regency do not have an adequate understanding of the RICE method and exercise therapy in handling injuries. From the results of the study, it can be concluded that the level of teacher knowledge of the application of injury management with the RICE method and exercise therapy in MGMP PJOK SMP in Cilacap Regency is quite higher than the level of knowledge and application of the exercise therapy method. This can be indicated that the junior high school physical education teachers in Cilacap Regency already know enough about the RICE method in handling injuries while they still do not understand the exercise therapy method after handling injuries. Exercise therapy or the application of appropriate exercise therapy in accordance with the injury experienced is the main thing for the success of whether or not the injury recovery process is fast. Based on the results of existing research, especially at the point of exercise therapy, this research is in line with research conducted by Setio (2016), where the results of the study explain that the level of knowledge of an athlete regarding ankle injuries and exercise therapy at the Telaga Utama Association is mostly in the poor category, some are in the moderate category, and none are in the good category.

Physical education teachers have a full obligation to students who are injured during the physical education learning process and outside the physical education learning process, namely when outside the classroom or when students do activities in the school environment (Susanti, 2017). In line with this opinion, it shows that sports teachers who are members of MGMP must be able to improve their level of knowledge and application of the RICE method and exercise therapy so that they can benefit students and school residents in general. This is considering that first aid is very important for students who experience injuries. Physical education teachers have a full obligation to students who are injured during the physical education learning process and outside the physical education learning process, namely when outside the classroom or when students do activities in the school

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IV. CONCLUSIONS

Based on the results of research and discussion, it can be concluded that the level of knowledge of teachers on the application of injury management with the RICE method and exercise therapy in the MGMP PJOK junior high school in Cilacap Regency is less, the highest frequency is in the less category of 43 people or 37.07%. The level of teacher knowledge of the application of injury management with the RICE method and exercise therapy in the MGMP PJOK SMP in Cilacap Regency which is categorized as very good 10 people or 8.62%, good 22 people or 18.97%, 40 people or 34.48%, less 43 people or 37.07% and very less 1 person or 0.86%.

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