

# SOCIALIZATION OF STUDENT INJURY MANAGEMENT DURING SPORTS ACTIVITIES FOR TEACHER AT ERIA JUNIOR HIGH SCHOOL

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*Abstract*— The purpose of this community service is to understand the Handling of Student Injuries during the time of the Sports Teachers at Eria High School. The service was carried out at Eria Junior High School. Data collection techniques used include observation techniques, interviews, and documentation. Data analysis in research took place simultaneously with the data collection process. It was achieved using three phases of the model, namely data redaction, data synthesis, and data verification. Based on data analysis from the initial survey conducted at Eria High School, it can be concluded that there were still a lot of anxiety around Olympic fencing training. There was training for understanding that was more basic and easy to implement based on the results of discussions on handling injuries to students. It can be done based on personal experience. For this reason, this service was carried out for training. The results of the discussion were presented by socialization and instructions with the aim of assisting teachers and students. By providing scientific knowledge in the field of handling sports injuries using the RICE method, it is expected to make it easier for teachers and students in Eria Junior High School.

*Index Terms*— *Socialization, Injury, Sports*

## 1. INTRODUCTION

Humans need a sense of security and comfort because they are living creatures created by God Almighty. People expect to be safe when they travel, drive, work or go to school, especially while doing other things like teaching and studying. Safety is a very important and significant thing in life that must be maintained. Although everyone is always aware of this, few people recognize the need to look after their own safety. People are sometimes less aware of their own behavior or what they do to themselves that can damage them or others. People sometimes forget the safety of themselves and others, which leads to accidents and sometimes irresponsible behavior. This neglect may be due to a lack of understanding of injury prevention and treatment that is ingrained from a young age. Many examples of damage are caused by ignorance. No one involved in the activity will be risk free. This risk puts people's lives or their own lives at risk. Anyone can experience a disaster or emergency; they can occur at any time, without prior notice, and without warning.

When it comes to integrating physical education in schools, teachers play an important role. Teachers need to plan lessons carefully. A physical education teacher must also have the necessary knowledge and skills to prevent and heal learning-related injuries. An injury is the result of using too much force or energy during an activity, resulting in discomfort, distraction, or some other type of pain. When it comes to integrating physical education in schools, teachers play an important role. Teachers need to plan lessons carefully. A physical education teacher must also have the necessary knowledge and skills to prevent and heal learning-related injuries. An injury is the result of using too much force or energy during an activity, resulting in discomfort, distraction, or some other type of pain.

Physical education teachers must have knowledge of how to prevent and treat injuries because in most cases, injuries experienced by students during physical education lessons can be directly handled by the physical education teacher without the need to immediately go to a hospital or an expert in their field. treat wounds. Although the teacher's initial efforts at prevention and treatment will reduce student injuries, inappropriate handling the first time can have negative effects later on. Sports injuries that are not handled promptly and correctly can cause physical limitations that affect a person's ability to carry out the sport in question and daily activities (Andun, 2015).

Based on the results of the interview, the physical education teacher stated that he would treat the student's wound if he could still handle it, but if it was severe or severe he would take action by taking the student to the hospital. However, not all teachers treat students seriously when making observations if the injury is still considered not to threaten student safety, such as abrasions. Teachers only have the necessary knowledge to deal with injuries based on their own experience attending college.

While working with the physical education teachers concerned, the physical education teacher never once cared for a student who was seriously injured; On the other hand, physical education teachers only treat minor injuries such as ankles, cramps, abrasions, bruises, and sprains.

There was no serious injuries because the physical education teacher always stated that he had to take warm-up seriously. Apart from that, he told students not to joke while doing it. For example, one of the students injured his finger while playing volleyball. The student informed the physical education teacher, but the teacher's response was standard and he took no further action, instead blaming the student for not taking the warm-up seriously. In addition, students were not handled by the physical education teacher before being advised to take a break. The physical education instructor stops working on injured students.

The difficulty at Eria High School is how to socialize the management of student injuries during sports matches to the teachers according to the background information provided above. The purpose of this study is to help the teachers at Eria High School deal with it.

## 2. METHODS

The activity took place at Eria High School. Data collection methods used include observation, interviews, and documentation. In research, data analysis was carried out simultaneously with data collection. The three phases of the method, namely data reduction, data presentation, and verification. Working with data, organizing it, breaking it into manageable chunks, synthesizing it, looking for and identifying patterns, choosing what is important and what is learned, and decide what can be told to others.

In terms of their own health, students can have various problems that contribute to the risk of injury during athletic activities, such as lack of concentration. Treatment techniques used were RICE (Rest, Ice, Compression, Elevation) approach to treat sports-related injuries. Immediately rest the injured area (the main thing to do is stop activity immediately and rest the injured part that is painful). Apply ice and cold compresses (cold temperature on ice can make the injured area more resistant to pain, thereby reducing complaints of pain and swelling of damaged tissue). Bandage, dressing, or compression. Bandage, dressing, or compression (Wrap with an elastic bandage evenly over the injured area to prevent swelling). Elevation, concentrate on lifting the painful area (Elevating or elevating the injured part can help reduce swelling with the help of gravity). What should not be done is HARM, especially Heat (given its hot nature), *Alcohol*, *Running* (resumed activities after injury) and *Massage*.

## 3. RESULTS AND DISCUSSION

### RESULTS

#### 1. Type of Sport

Exercise and physical activity are very important for good health. One of the key elements of a healthy lifestyle is exercise, which is balanced with a healthy diet free of tobacco and other harmful drugs. Even exercise is good for your mental and physical health. Exercise has various benefits for physical health, three of which are as follows:

Many diseases can be prevented through exercise. A number of conditions, including heart disease, stroke, high blood pressure, high cholesterol, type 2 diabetes, arthritis, osteoporosis (thinning of the bones), and loss of muscle mass, can be slowed or prevented with exercise, according to research.

Losing weight through exercise is possible. Exercise may be a popular way for people to lose weight, but it's not the only one. Because maintaining something without seeing the direct benefits will be heavy for humans. Weight loss through exercise is guaranteed, although it is a long term result.

## **2. Injuries That Children Often Suffer During Sports**

Anyone can get a sports injury; both men and women are equally susceptible. Nine most common sports injuries should be aware, including the following:

### **a. Sprains**

There are several injuries that fall into this category, such as a sprained ankle or strained hamstring and groin muscles. Usually this injury occurs during sports that involve running, jumping, using the shoulder, stopping and walking quickly without adequate warm-up.

### **b. Tendinitis**

Tendon inflammation is a hallmark of tendinitis. The tendons at the back of your ankle are one of the areas where tendinitis most often develops. The increased intensity of the exercise causes this tendon to become inflamed and uncomfortable. Tendons can tear in very serious circumstances. It usually affects runners or athletes who do fast, high-intensity sports such as running and jumping. The term "shin splints" describes pain along the tibia (shinbone) caused by constant exercise. Inflammation of the muscles around your shins is the only cause of pain on the inside of your shins. In fact, if you wear the right footwear, it's very easy to avoid them. To prevent these shin splints, do not forget to do muscle strengthening exercises.

### **c. Medial Epicondylitis**

Poor arm swinging position can cause medial epicondylitis, often known as tennis elbow or golfer's elbow, which scars both the inside and outside of the elbow. By building your forearm and rotator cuff muscles and warming up and cooling down properly before exercise, you can avoid this.

### **d. Rotator Cuff Tendinitis**

Shoulder Cuff Tendinitis is inflammation of the tendons or joint capsule that surrounds the shoulder joint. This injury can occur when a person performs activities that twist the shoulder repeatedly such as baseball and tennis. These injuries can be avoided with

exercises that build the muscles of the upper back, shoulders, abs and upper arms. Also, cooling down after the game and stretching the chest muscles will help prevent injury.

e. Fractures / Broken Bones

Fractures or broken bones occur when a bone is broken so that its position or shape changes. Fractures can be avoided by strengthening the bones with the right foods and getting enough calcium and vitamins. In addition, weight training can strengthen your muscles so that they can act as a shock absorber for the bones.

f. Concussion

After a person experiences a traumatic brain injury, a concussion occurs. It usually occurs after a head injury, spanking, or spanking. Common in sports such as boxing, hockey, and football. The easiest technique to prevent a concussion is to wear the right gear, especially a helmet. Also, because the muscles in the neck and upper back act as cushions and absorb a blow or impact, strengthening them may be beneficial. To prevent the head from wobbling and the brain from being thrown, strong muscles can help you withstand the pressure and control the displacement of your head.

g. Knee Injury

One of the most common injuries in sports is knee injuries. By building your glutes, quads, and hamstrings, you can prevent them. Additionally, you can use a knee splint to help protect your knee from any action that could harm it.

h. Back Injury

Running, golf and tennis are some of the sports that can harm your back. By developing the muscle groups in your back and waist that surround your spine, or core muscles, you can prevent this from happening.

#### 4. DISCUSSION

Based on the situation analysis which is a conclusion drawn from the first round of survey activities at Eria High School, which revealed that they still have difficulty dealing with sports injuries. The discussion can be used to guide the use of personal experience in treating student injuries. The service was carried out to provide training in understanding that is simpler and easier to practice. After the meeting, it was decided to hold outreach and training. By offering scientific guidance in the field of sports injury management using the RICE method, this voluntary activity seeks to help instructors and students at Eria High School make it easier to treat injuries to children at Eria High School. On September 15 2022, participants took part in a community service action

at Eria High School, which was also attended by teachers and students from the institution. The direct socialization was the method applied.

These services are provided in two different approaches: outreach and training. The participants learned about the meaning of sports injuries, risk factors for sports injuries, types of sports injuries, and how to deal with sports injuries in the first session, namely socialization. The participants were very enthusiastic about participating in handling sports injuries during the socialization.

The participants were quite active in asking various questions about the management of sports injuries and describing the problems they faced when participating in sports. In this activity, there was a lively two-way conversation. The participants were quite enthusiastic about this socialization because they thought it was important for sports and could be used if they were injured. Various voluntary activities go beyond simple outreach. Training is the next task in this series of service activities.

Participants were given the opportunity to practice their knowledge and skills regarding handling sports injuries that they have obtained from previous socialization during training. Utilizing materials made by the community service team, the participants practiced using the RICE method to treat wounds.

It was intended so that by giving this work to the trainees they will be able to apply their knowledge while being guided by the speaker (executor of community service activities).

This instruction is especially helpful for trainees because it is clear from their practice that they already know how to deal with sports injuries. Apart from that, pillar Krida's children benefit a lot from this training, which allows them to pursue their interests in sports such as football, cycling, volleyball, badminton, etc.

It is expected that at the end of the program, teachers at SMP Eria will be able to handle sports injuries independently and responsibly for students. Participants can also share knowledge with the wider community to implement proper and correct treatment, preventing fatal incidents caused by sports injuries.

## **5. CONCLUSION**

The discussion conclusions can be used to guide the use of personal experience in treating student injuries. This service was carried out to provide training in understanding that is simpler and easier to practice. After the meeting, it was decided to hold outreach and training. By offering scientific guidance in the field of sports injury management using the RICE method, this voluntary activity seeks to help instructors and students at Eria High School make it easier to treat injuries

to children at Eria High School. On September 15 2022, people who are also teachers and students of Eria Junior High School took part in a community service action there.

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