

ABSTRAK

GAMBARAN TINGKAT PENGETAHUAN PENANGANAN PERTAMA CEDERA DENGAN METODE PRICE PADA PESERTA *BANDUNG FUTSAL LEAGUE 2024*

Latar Belakang: Penelitian ini bertujuan untuk mengetahui tingkat pengetahuan peserta *Bandung Futsal League 2024* tentang penanganan pertama cedera menggunakan teknik PRICE (*Protection, Rest, Ice, Compression, Elevation*), yang dinilai efektif namun masih jarang diterapkan dengan benar akibat kurangnya pemahaman atlet futsal.

Metode: Penelitian ini merupakan deskriptif kuantitatif dengan studi potong lintang menggunakan teknik sampel acak dan responden berjumlah sebanyak 74 peserta *Bandung Futsal League*. Data diambil dengan menggunakan kuesioner.

Hasil: Didapatkan hasil bahwa tingkat pengetahuan responden tentang metode PRICE berada pada kategori “baik” sebanyak 11 (15%), “cukup” sebanyak 62 (84%) “kurang” sebanyak 1 (1%) dari 74 responden. Rincian per aspek menunjukkan bahwa responden memiliki pemahaman baik pada langkah Protection (90,5%) dan Ice (93,2%), Rest (85,1%), Compression (74,3%) dan Elevation (75,7%) dalam kategori cukup.

Simpulan: Kesimpulan dari penelitian tentang Gambaran Pengetahuan peserta *Bandung Futsal League 2024* tentang penanganan cedera dengan metode PRICE mayoritas tergolong “cukup.”

Kata Kunci : Penanganan Pertama Cedera, PRICE

ABSTRACT

OVERVIEW OF KNOWLEDGE LEVEL IN FIRST AID INJURY MANAGEMENT USING THE PRICE METHOD AMONG PARTICIPANTS OF *BANDUNG FUTSAL LEAGUE 2024*

Background: This study aims to assess the level of knowledge among participants of the *Bandung Futsal League 2024* regarding first aid for injuries using the PRICE technique (*Protection, Rest, Ice, Compression, Elevation*), which is considered effective but is often not correctly applied due to a lack of understanding among futsal athletes.

Method: This research is a descriptive quantitative study with a cross-sectional design, employing random sampling with 74 participants from the *Bandung Futsal League* as respondents. Data were collected using a questionnaire.

Results: The results show that the respondents' knowledge level about the PRICE method falls into the following categories: "good" for 11 (15%), "sufficient" for 62 (84%), and "poor" for 1 (1%) out of a total of 74 respondents. A detailed breakdown by aspect indicates that respondents have a good understanding of the steps Protection (90.5%) and Ice (93.2%), while Rest (85.1%), Compression (74.3%), and Elevation (75.7%) fall into the moderate category.

Conclusion: The conclusion of the knowledge overview participants in the Bandung Futsal League 2024 regarding injury management using the PRICE method is predominantly categorized as "sufficient."

Keywords: First Aid for Injuries, PRICE