

DAFTAR PUSTAKA

- Abate Daga, F., Panzolini, M., Allois, R., Baseggio, L. and Agostino, S. (2021). Age-Related Differences in Hamstring Flexibility in Prepubertal Soccer Players: An Exploratory Cross-Sectional Study. *Frontiers in Psychology*, 12. doi:<https://doi.org/10.3389/fpsyg.2021.741756>.
- A. Sarumpaet. (1992). Permainan Besar. Jakarta: Depdikbud.
- Asgari, Mojtaba, et al. "Effects of the FIFA 11+ and a Modified Warm-up Programme on Injury Prevention and Performance Improvement among Youth Male Football Players." *PLOS ONE*, vol. 17, no. 10, 20 Oct. 2022, p. e0275545, <https://doi.org/10.1371/journal.pone.0275545>.
- Andayasari, L. and Anorital, A. (2012). Gangguan Muskuloskeletal Pada Praktik Dokter Gigi Dan Upaya Pencegahannya. *Media Penelitian dan Pengembangan Kesehatan*, [online] 22(2 Jun). doi:<https://doi.org/10.22435/mpk.v22i2>.
- Black, J dan Hawks, J. (2014). Keperawatan Medikal Bedah: Manajemen Klinis untuk Hasil yang Diharapkan. Dialih bahasakan oleh Nampira R. Jakarta: Salemba Emban Patria.
- Chu, S.K. and Rho, M.E. (2016). Hamstring Injuries in the Athlete. *Current Sports Medicine Reports*, [online] 15(3), pp.184–190. doi:<https://doi.org/10.1249/jsr.0000000000000264>.
- Ding, L., Luo, J., Smith, D.M., Mackey, M., Fu, H., Davis, M. and Hu, Y. (2022). Effectiveness of Warm-Up Intervention Programs to Prevent Sports Injuries among Children and Adolescents: A Systematic Review and Meta-Analysis. *International Journal of Environmental Research and Public Health*, [online] 19(10), p.6336. doi:<https://doi.org/10.3390/ijerph19106336>.
- Erlina L. A. (2002). Membangun Karakter Melalui Permainan Sepak Bola. Yogyakarta: Pasca Sarjana.
- Evans, J. dan Nielson, J. I (2022). Anterior Cruciate Ligament (ACL) Knee Injuries. [online] Nih.gov. Available at: <https://www.ncbi.nlm.nih.gov/books/NBK499848/>.
- Esquivel, A.O., Bruder, A., Ratkowiak, K. dan Lemos, S.E. (2015). Soccer-Related Injuries in Children and Adults Aged 5 to 49 Years in US Emergency Departments From 2000 to 2012. *Sports Health: A Multidisciplinary*

Approach, 7(4), pp.366–370.
doi:<https://doi.org/10.1177/1941738115579854>.

Fischer, S. J. (2014). Anterior Cruciate Ligament (ACL) Injury. American Academy of Orthopaedic Surgeons.

Forsythe, Brian, et al. “Incidence of Injury for Professional Soccer Players in the United States: A 6-Year Prospective Study of Major League Soccer.” *Orthopaedic Journal of Sports Medicine*, vol. 10, no. 3, 1 Mar. 2022, p. 232596712110551, <https://doi.org/10.1177/23259671211055136>.

Gebreyesus, T., Nigussie, K., Gashaw, M. and Janakiraman, B. (2020). The Prevalence and Risk Factors of Work-related Musculoskeletal Disorders Among Adults in Ethiopia: A Study Protocol for Extending a Systematic Review with Meta-analysis of Observational Studies. *Systematic Reviews*, 9(1). doi:<https://doi.org/10.1186/s13643-020-01403-9>.

Joseph S. Blatter, Prof. Jiri Dvorak (2008). The “11+ A Complete Warm-up Programme to prevent Injuries Manual.

Kajeng, I. B. S. T. (2019). Karakteristik Cedera Pemain Sepakbola Usia Dini (7 - 12 Tahun) di Yogyakarta

Knapp, P.W. and Constant, D. (2022). Posterior Tibial Tendon Dysfunction. [online] PubMed. Available at: <https://www.ncbi.nlm.nih.gov/books/NBK542160>

López-Valenciano, A., Ruiz-Pérez, I., Garcia-Gómez, A., Vera-Garcia, F.J., De Ste Croix, M., Myer, G.D. and Ayala, F. (2019). Epidemiology of Injuries in Professional Football: A Systematic Review and Meta-Analysis. *British Journal of Sports Medicine*, [online] 54(12), p.bjsports-2018-099577. doi:<https://doi.org/10.1136/bjsports-2018-099577>.

Mandorino, M., J. Figueiredo, A., Gjaka, M. and Tessitore, A. (2023). Injury Incidence and Risk Factors in Youth Soccer Players: A Systematic Literature Review. Part II: Intrinsic and extrinsic risk factors. *Biology of Sport*, 40(1). doi:<https://doi.org/10.5114/biolSport.2023.109962>.

Nabian, M.H., Zadegan, S.A., Zanjani, L.O. and Mehrpour, S.R. (2017). Epidemiology of Joint Dislocations and Ligamentous/Tendinous Injuries among 2,700 Patients: Five-year Trend of a Tertiary Center in Iran. *The archives of bone and joint surgery*, [online] 5(6), pp.426–434. Available at: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5736892/>.

National Institute of Arthritis and Musculoskeletal and Skin Diseases. (2018). *NIAMS Health Information on Sports Injuries*. [online] National Institute of

Arthritis and Musculoskeletal and Skin Diseases. Available at:
<https://www.niams.nih.gov/health-topics/sports-injuries>.

Noonan TJ, Garrett WE Jr. Muscle strain injury: diagnosis and treatment. *J Am Acad Orthop Surg.* (1999) Jul-Aug;7(4):262-9. doi: 10.5435/00124635-199907000-00006. PMID: 10434080.

Papadopoulou, S.K. (2020). Rehabilitation Nutrition for Injury Recovery of Athletes: the Role of Macronutrient Intake. *Nutrients*, [online] 12(8), p.2449. doi:<https://doi.org/10.3390/nu12082449>.

Potter, P. A., & A. G (2005). Buku Ajar Fundamental Keperawatan Konsep Proses, dan Praktik Edisi 4 volume 2. Jakarta: ECG

Poudel, B. and Pandey, S. (2021). *Hamstring Injury*. [online] PubMed. Available at: <https://www.ncbi.nlm.nih.gov/books/NBK558936/>.

Ranchordas, M.K., Dawson, J.T. and Russell, M. (2017). Practical nutritional recovery strategies for elite soccer players when limited time separates repeated matches. *Journal of the International Society of Sports Nutrition*, 14(1). doi:<https://doi.org/10.1186/s12970-017-0193-8>.

Rodgers, C.D. and Raja, A. (2020). *Anatomy, Bony Pelvis and Lower Limb, Hamstring Muscle*. [online] PubMed. Available at: <https://www.ncbi.nlm.nih.gov/books/NBK546688/>.

SantAnna, J.P.C., Pedrinelli, A., Hernandez, A.J. and Fernandes, T.L. (2022). Lesão muscular: Fisiopatologia, diagnóstico e tratamento. *Revista Brasileira de Ortopedia*, 57(1). doi:<https://doi.org/10.1055/s-0041-1731417>.

Shrestha, R., Krishan, K. and Kanchan, T. (2020). *Abrasion*. [online] PubMed. Available at: <https://www.ncbi.nlm.nih.gov/books/NBK554465/>.

Smith, N.A., Chounthirath, T. and Xiang, H. (2016). Soccer-Related Injuries Treated in Emergency Departments: 1990-2014. *PEDIATRICS*, 138(4), pp.e20160346–e20160346. doi:<https://doi.org/10.1542/peds.2016-0346>.

Smith, T., Ballard, T., Ramanlal, R. and Butarbutar, J.C. (2022). Foot Dislocation. [online] PubMed. Available at: <https://www.ncbi.nlm.nih.gov/books/NBK554613/>.

Paulsen, Friedrich, Wascke, Jens. (2008). *Sobotta Atlas Anatomi Manusia Vol. 2: Organ Interna, ed. 14*. Singapore: Elsevier Singapore Pte Ltd.

Schussler, Eric, et al. “THE EFFECT of TACKLING TRAINING on HEAD ACCELERATIONS in YOUTH AMERICAN FOOTBALL.” International

Journal of Sports Physical Therapy, vol. 13, no. 2, Apr. 2018, pp. 229–237,
<https://doi.org/10.26603/ijspt20180229>. Accessed 19 Mar. 2021.

Soccer Injury Rates Continue five-year climb. The News 1993:5

Sucipto. (2000). Sepakbola Jakarta Departemen Pendidikan Nasional Direktorat jenderal Pendidikan Dasar Menengah Bagian Proyel Penataran guru SLTP setara D-III

Sukadiyanto. (2011). Perbedaan Reaksi Emosional Antara Olahraga Body Contact dan non Body Contact. Jurnal. Psikologi UGM.

Watson, A. and Mjaanes, J.M. (2019). Soccer Injuries in Children and Adolescents. *Pediatrics*, 144(5), p.e20192759. doi:<https://doi.org/10.1542/peds.2019-2759>.

Wong, P. and Hong, Y. (2005). Soccer Injury in the Lower Extremities. *British Journal of Sports Medicine*, [online] 39(8), pp.473–482. doi:<https://doi.org/10.1136/bjsm.2004.015511>.