

INTISARI

Latar Belakang: Kematian akibat gangguan kardiovaskular pada atlet banyak terjadi karena henti jantung mendadak (*sudden cardiac death/SCD*). Di Indonesia belum ditemukan penelitian yang menggali gambaran risiko gangguan kardiovaskular pada atlet.

Tujuan Penelitian : Untuk mengetahui gambaran risiko gangguan kardiovaskular pada atlet sepak bola dan futsal di Unit Kegiatan Mahasiswa (UKM) Universitas Gadjah Mada (UGM), Universitas Negeri Yogyakarta (UNY), dan Universitas Atma Jaya Yogyakarta (UAJY).

Metode : Penelitian ini merupakan penelitian deskriptif kuantitatif dengan rancangan *cross sectional*. Penelitian ini dilaksanakan pada 120 mahasiswa aktif yang merupakan anggota UKM sepak bola dan futsal dengan metode *total sampling*. Penelitian ini menggunakan kuesioner Skor Kardiovaskular Jakarta. Analisis univariat digunakan untuk mengetahui karakteristik responden serta gambaran risiko gangguan kardiovaskular.

Hasil : Gambaran risiko gangguan kardiovaskular pada atlet sepak bola dan futsal di UKM UGM, UNY, dan UAJY 80% dalam kategori rendah, namun 15,8% termasuk dalam kategori sedang dan 4,2% termasuk dalam kategori tinggi.

Kesimpulan : Sebagian besar responden memiliki risiko gangguan kardiovaskular dalam kategori rendah.

Kata Kunci : atlet, futsal, gangguan kardiovaskular, sepak bola

ABSTRACT

Background: Many deaths due to cardiovascular disease in athletes occur a lot due to sudden cardiac death (SCD). In Indonesia, no research has been found that explores the risk of cardiovascular disease in athletes.

Objective: To describe the risk of cardiovascular disease in football athletes at student activity center of Universitas Gadjah Mada (UGM), Universitas Negeri Yogyakarta (UNY), and Universitas Atma Jaya Yogyakarta (UAJY).

Methods: This is a quantitative descriptive study with a cross sectional design. The sample were 120 active students who were members of the football student activity center with a total sampling method. The data were gathered by using a Skor Kardiovaskular Jakarta questionnaires. Univariat analysis was used to determine the characteristics of the respondents and to describe the risk of cardiovascular disease.

Results: The risk of cardiovascular disease in football athletes at student activity center of UGM, UNY, and UAJY is 80% in the low category, but 15,8% is in the moderate category and 4,2% is in the high category.

Conclusion: Most respondents have a low risk of cardiovascular disease.

Keyword: athlete, cardiovascular disease, football, futsal