

INTISARI

Latar Belakang: Gangguan kardiovaskular merupakan penyebab kematian tertinggi di dunia dan dapat dialami oleh siapapun, termasuk atlet renang. *Sudden cardiac death* pada atlet renang disebabkan oleh gangguan kardiovaskular, terutama *hypertrophic cardiomyopathy*. Belum ada penelitian di Indonesia yang mengidentifikasi gambaran risiko gangguan kardiovaskular pada atlet mahasiswa cabang olahraga renang.

Tujuan: Mengidentifikasi gambaran risiko gangguan kardiovaskular pada atlet renang di Unit Kegiatan Mahasiswa di Universitas Gadjah Mada, Universitas Negeri Yogyakarta, dan Universitas Atma Jaya Yogyakarta.

Metode: Penelitian ini merupakan penelitian deskriptif, dengan pendekatan kuantitatif dan menggunakan rancangan *cross-sectional*. Subjek berjumlah 44 atlet mahasiswa di Unit Kegiatan Mahasiswa Universitas Gadjah Mada, Universitas Negeri Yogyakarta, dan Universitas Atma Jaya Yogyakarta. Instrumen yang digunakan adalah Skor Kardiovaskular Jakarta untuk mengetahui risiko gangguan kardiovaskular 10 tahun ke depan. Analisis data menggunakan analisis univariat dan data ditampilkan dalam tabel frekuensi dan persentase.

Hasil: Sebanyak 86,4% responden memiliki risiko rendah, 11,4% responden memiliki risiko sedang, dan 2,3% responden memiliki risiko tinggi. Data menunjukkan bahwa jenis kelamin, usia, tekanan darah, indeks massa tubuh, riwayat diabetes, perilaku merokok, dan aktivitas fisik mingguan berkontribusi dalam menentukan tingkat risiko pada responden.

Kesimpulan: Sebagian besar responden memiliki risiko rendah terhadap risiko gangguan kardiovaskular.

Kata kunci: Atlet, olahraga renang, risiko gangguan kardiovaskular

ABSTRACT

Background: Cardiovascular disease is the highest cause of death globally and can happen to anyone, including swimmers. Sudden cardiac death that happened to the swimmers is caused by cardiovascular disease especially hypertrophic cardiomyopathy. In Indonesia, there has not been any research identifying the risk of a cardiovascular disease that happens to collegiate athletes of the swimming division.

Purpose: Identifying the risk of cardiovascular disease on the swimmers in the Student Activity Center in Universitas Gadjah Mada, Universitas Negeri Yogyakarta, and Universitas Atma Jaya Yogyakarta.

Method: This research is descriptive research with a quantitative research method using the cross-sectional strategy. The research subjects were 44 students in the Student Activity Center in Universitas Gadjah Mada, Universitas Negeri Yogyakarta, and Universitas Atma Jaya Yogyakarta. The instrument was the Jakarta Cardiovascular Score. It was used to identify the risks of cardiovascular disease for the next ten years. The researcher uses the univariate analysis to analyze the data and the data was shown in the frequency and percentage forms. **Result:** As many as 86.4% of respondents have low risk, 11.4% have medium risk and 2.3% have high risk. The data showed that gender, age, blood pressure, body mass index, diabetes history, smoking habit and weekly physical activity contribute to determine the risk level of the respondent.

Conclusion: Most of the respondents had low risks of cardiovascular disease.

Keywords: Athlete, cardiovascular disease, Swimming