

INTISARI

Latar belakang: Gangguan kardiovaskular merupakan penyebab kematian tertinggi pada atlet dengan perkiraan insiden berkisar 0,03% per tahun dan kasus tertinggi berasal dari atlet bola basket yang disebabkan karena adanya faktor risiko seperti jenis kelamin, usia, kebiasaan merokok, riwayat keluarga, dan durasi latihan. Penelitian tentang gambaran risiko gangguan kardiovaskular pada atlet mahasiswa cabang olahraga bola basket belum ditemukan pada sumber pencarian PubMed, Science Direct, dan Google Scholar.

Tujuan: Mengetahui gambaran risiko gangguan kardiovaskular pada atlet mahasiswa cabang olahraga bola basket di Yogyakarta.

Metode: Penelitian ini merupakan penelitian deskriptif dengan pendekatan kuantitatif. Penelitian ini dilaksanakan pada bulan Desember 2020 - Januari 2021 kepada 70 anggota Unit Kegiatan Mahasiswa cabang olahraga bola basket di Universitas Gadjah Mada, Universitas Negeri Yogyakarta, dan Universitas Atma Jaya Yogyakarta. Unit Kegiatan Mahasiswa bola basket di ketiga universitas tersebut dinilai mampu mewakili atlet mahasiswa di Yogyakarta karena memiliki jumlah atlet yang banyak, cabang olahraga terlengkap, dan aktif berpartisipasi dalam kejuaraan bola basket. Penelitian ini menggunakan instrumen “Skor Kardiovaskular Jakarta” yang dilengkapi dengan instrumen observasi. Analisa univariat digunakan untuk menganalisa karakteristik responden dan disajikan dalam bentuk tabel frekuensi dan persentase.

Hasil: Risiko gangguan kardiovaskular 10 tahun mendatang pada atlet mahasiswa cabang olahraga bola basket di Yogyakarta terbagi menjadi tiga kategori yaitu kategori terbanyak adalah rendah (84,29%), kategori sedang (10%), dan kategori tinggi (5,71%). Berdasarkan instrumen observasi diketahui bahwa mayoritas menjadi atlet lima hingga sepuluh tahun (72,86%), durasi latihan lebih dari normal (78,57%), durasi pemanasan kurang dari normal (8,57%), denyut jantung istirahat lebih dari normal (72,86%), dan laju pernapasan lebih dari normal (31,43%).

Kesimpulan: Gambaran risiko gangguan kardiovaskular pada atlet mahasiswa cabang olahraga bola basket di Yogyakarta sebagian besar tergolong pada kategori rendah.

Kata kunci: Atlet, bola basket, gangguan kardiovaskular, risiko gangguan kardiovaskular.

ABSTRACT

Background: Cardiovascular disease are the highest cause of death in athletes with an estimated incidence of around 0.03% per year and the highest cases are basketball athletes it is caused by the risk factors such as gender, age, smoking habits, family history, and duration of exercise. Research on the description of the risk of cardiovascular disorders in student athletes in basketball has not been found in PubMed, Science Direct, and Google Scholar search sources.

Objective: To identify the risk of cardiovascular disease among basketball student-athletes in Yogyakarta.

Methods: This is a descriptive study with a quantitative approach. This research was conducted from December 2020 - January 2021 to 70 members of the Student Activity Center for basketball at Universitas Gadjah Mada, Universitas Negeri Yogyakarta, and Universitas Atma Jaya Yogyakarta. The basketball student activity center at the three universities are considered capable of representing student athletes in Yogyakarta because they have many athletes, the most complete sports, and actively participate in basketball championships. This study uses the instrument "Jakarta Cardiovascular Score" which is equipped with an observation instrument. Univariate analysis was used to analyze the characteristics of respondents and the data is presented in the form of frequency and percentage tables.

Results: The risk of cardiovascular disease for student-athletes in the student activity center for basketball at Universitas Gadjah Mada, Universitas Negeri Yogyakarta, and Universitas Atma Jaya Yogyakarta is divided into three categories, the highest category at low category (84.29%), followed by moderate category (10%), and high category (5.71%). Based on the observation instrument, it is known that the majority of respondents are athletes from five to ten years (72.86%), exercise duration is more than normal (78.57%), warm-up duration is less than normal (8.57%), resting heart rate is more than normal (72.86%), and respiratory rate more than normal (31.43%).

Conclusion: The descriptions of the risk of cardiovascular disease in basketball student-athletes in Yogyakarta belong to the low risk category.

Keywords: athletes, basketball, cardiovascular disease, risk of cardiovascular disease.