

HUBUNGAN HIPERMOBILITAS SENDI PERGELANGAN TANGAN TERHADAP KEJADIAN SKOLIOSIS PADA ATLET TAEKWONDO PRIA DI RUMAH SAKIT OLAHRAGA NASIONAL CIBUBUR

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Abstrak

Hipermobilitas sendi adalah kondisi ligamen yang terlalu lentur. Ligamen yang terlalu lentur dapat menurunkan stabilitas dan kemampuan sendi untuk mempertahankan postur, karena bagi atlet kelainan postur dapat membuat mudah lelah dan mudah cidera. Skoliosis adalah ketidaksegarisan tulang belakang yaitu tulang belakang melengkung ke arah lateral membentuk sudut. Rumah Sakit Olahraga Nasional Cibubur yang menjadi target penelitian memiliki angka kejadian skoliosis yang cukup tinggi menacapi 20% pada atlet. Penelitian ini bertujuan untuk mengetahui hubungan antara hipermobilitas sendi pergelangan tangan terhadap kejadian skoliosis pada atlet taekwondo di Rumah Sakit Olahraga Nasional Cibubur Jakarta. Penelitian ini bersifat analitik dengan rancangan *cross sectional*. Sampel penelitian 31 orang diambil dari data rekam medis dengan metode *saturation* sampling yang telah memenuhi kriteria inklusi-eksklusi. Kemudian data sampling yang diperoleh tersebut diuji statistika dengan menggunakan uji alternatif *Chi Square* yaitu uji *Fisher*. Hasil yang didapatkan berupa nilai P dimana $P > 0,05$ terdapat pada variable yang diteliti, sehingga dapat disimpulkan bahwa tidak terdapat hubungan yang signifikan antara hipermobilitas sendi pergelangan tangan dengan kejadian skoliosis pada atlet taekwondo pria di Rumah Sakit Olahraga Nasional Cibubur.

Kata Kunci : Hipermobilitas Sendi, Skoliosis, Atlet, Taekwondo

RELATION BETWEEN WRIST JOINT HYPERMOBILITY WITH OCCURRENCE OF SCOLIOSIS AMONG MEN TAEKWONDO ATHLETES IN SPORTS NATIONAL HOSPITAL CIBUBUR

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Abstract

Joint hypermobility is an over-flexible condition of ligaments. A high flexibility of the ligaments can reduce joint stability and the ability to maintain posture, abnormal posture for the athletes cause tiredness and prone to injury. Scoliosis is a spinal misalignment or the spinal curves laterally forming an angle. There were quite a lot of incidents of scoliosis found on athletes treated in Sports National Hospital Cibubur Jakarta, It was reached 20 % of. This is an analytical study which is intended to determine the relation between wrist joint hypermobility with occurrence of scoliosis among men taekwondo athletes in Sports National Hospital Cibubur Jakarta. This is an analytical study used cross sectional as the method of the study. 31 sampling data have been collected from medical record used the saturation sampling method, these sampling data were qualified and fulfilled inclusions and exclusions criteria. A Fisher Test as one of Chi Square statistical calculation has been done. The results obtained in the form of value P, where the value of P was $P > 0.05$. This results then used as the base of conclusion that there Is no significant relation between wrist joint hypermobility with occurrence of scoliosis among men taekwondo athletes in Sports National Hospital Cibubur Jakarta.

Keywords : *Joint Hypermobility, Scoliosis, Athlete, Taekwondo*