

# HUBUNGAN PENGETAHUAN PRICE DENGAN PENERAPAN PENANGANAN *ANKLE SPRAIN* PADA ATLET BASKET DI TERNATE

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## ABSTRAK

**Latar Belakang:** Ankle sprain adalah kerusakan pada ligamen akibat stres berlebihan, dengan tingkat kejadian 2-7 kasus per 1000 orang per tahun berdasarkan data unit gawat darurat. Atlet basket memiliki risiko tinggi mengalami ankle sprain. Pengetahuan yang baik tentang penanganan, terutama metode PRICE, sangat penting bagi atlet. Dengan latar belakang ini dan kurangnya penelitian serupa, penelitian ini dilakukan untuk mengisi celah pengetahuan ini.

**Tujuan:** Menganalisis hubungan pengetahuan PRICE dengan penerapan penanganan *ankle sprain* pada atlet basket di Ternate.

**Metode:** Desain dalam penelitian ini menggunakan *observasional analitik* dengan rancangan *cross sectional* dan menggunakan *fisher's exact test*, penelitian dilakukan di Kota Ternate pada Januari 2024. Sampel penelitian sebesar 60 sampel dengan teknik *accidental sampling*. Pengumpulan data melalui wawancara menggunakan kuesioner.

**Hasil:** Berdasarkan 60 sampel, mayoritas berjenis kelamin laki-laki (86.7%), berusia 17-25 tahun (75%), pengetahuan PRICE kategori baik (51.7%), penerapan penanganan *ankle sprain* kategori cukup (61.7%). Berdasarkan analisis bivariat diperoleh *p-value* 0,003 ( $p < 0,005$ ) pada pengetahuan PRICE dengan penerapan penanganan *ankle sprain* pada atlet basket.

**Kesimpulan:** Terdapat hubungan antara pengetahuan PRICE dengan penerapan penanganan *ankle sprain* pada atlet basket di Ternate.

**Kata Kunci:** *Ankle Sprain*, Atlet Basket, Pengetahuan PRICE

**THE RELATIONSHIP OF PRICE KNOWLEDGE WITH THE  
IMPLEMENTATION OF ANKLE SPRAIN  
TREATMENT IN BASKETBALL  
ATHLETES IN TERNATE**

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**ABSTRACT**

**Background:** Ankle sprain is ligament damage due to excessive stress, occurring at a rate of 2-7 cases per 1000 people per year in emergency room data. Basketball athletes face a high risk of ankle sprains. Good knowledge, particularly about the PRICE method, is crucial for athletes. Given this context and the lack of similar studies, this research aims to fill this knowledge gap.

**Objective:** Analyzing the relationship between PRICE knowledge and the implementation of ankle sprain treatment in basketball athletes in Ternate.

**Methods:** This research uses an analytical observational design with a cross-sectional approach, employing fisher's exact test. It was conducted in Ternate City in January 2024, there are 60 samples using accidental sampling technique. Data collection involved interviews using questionnaires.

**Results:** Among 60 samples, the majority are male (86.7%) and aged 17-25 years (75%). About 51.7% have good knowledge of PRICE, and 61.7% exhibit adequate implementation of ankle sprain management. Bivariate analysis yielded a p-value of 0.003 ( $p < 0.005$ ) for the association between PRICE knowledge and ankle sprain management in basketball athletes.

**Conclusion:** There is a relationship between PRICE knowledge and the implementation of ankle sprain treatment in basketball athletes in Ternate

**Keywords:** Ankle Sprain, Basketball Athletes, PRICE Knowledge