

ABSTRACT

THE CORRELATION BETWEEN KNOWLEDGE AND ATTITUDE WITH BEHAVIOR SPORTS INJURIES PREVENTION IN MARTIAL ARTS ATHLETES IN STUDENT CLUB UNIVERSITAS AIRLANGGA

Cross Sectional Study

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Martial arts have a higher risk sport injuries during competition and practicing. It was necessary to prevention them. This study was aimed to investigate correlating knowledge and attitude with behavior sports injuries prevention in martial arts athletes in student club, Universitas Airlangga.

Design used was cross sectional design. The population were jujitsu club, kempo club, taekwondo club, pencak silat setia hati terate club, pencak silat tapak suci club and perisai diri club. Total sample was 60 respondents. The independent variables were knowledge and attitude about sports injuries prevention. The dependent variable was behavior's practice. Data were collected using questionnaire and respondent observation.

Data were then analyzed using spearman rho with level of significance of $<0,05$. Result showed that sports injuries prevention knowledge had no correlation with athlete's behavior in martial art practice ($p = 0,221$), and attitude sports injuries prevention had no correlation with athlete's behavior in martial art practice ($p = 0,268$).

The result showed that sports injuries prevention knowledge and attitude sports injuries prevention had no correlation with athlete's behavior in student club, Universitas Airlangga. Further studies should about influence both type of sports injuries prevention in martial arts and knowledge, attitude and behavior martial art athletes in sports injuries prevention.

Keywords: Martial arts, sports injuries prevention, martial arts injuries