

ABSTRAK

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Gambaran Nyeri *Delayed Onset Muscle Soreness* (DOMS) Pada Siswa SMA di Kabupaten Pekalongan

Pendahuluan: Olahraga merupakan bagian yang sangat mempengaruhi kebugaran jasmani seseorang. Olahraga tidak bisa dilakukan sembarangan tetapi harus dilakukan dengan teknik yang benar. Risiko olahraga apabila dilakukan secara berlebihan dapat menimbulkan efek samping yaitu ketidaknyamanan otot dan kelelahan, sehingga mengarah ke *delayed onset muscle soreness* (DOMS).

Tujuan: Penelitian ini bertujuan untuk mengetahui gambaran nyeri *delayed onset muscle soreness* pada siswa SMA di kabupaten pekalongan.

Metode Penelitian: Penelitian ini diberikan olahraga lari dengan jarak 800 m. Penelitian ini menggunakan metode kuantitatif dengan penelitian deskriptif dengan pendekatan *cross sectional*. Populasi siswa SMA di kabupaten pekalongan sejumlah 2.160. Sampel 83 sesuai dengan kriteria inklusi dan eksklusi dari total populasi. Analisis deskriptif untuk menggambarkan nyeri *delayed onset muscle soreness* di pekalongan.

Hasil Penelitian: Dapat dilihat bahwa mayoritas responden berusia 16 tahun sebanyak 54 (65,1%). Data jenis kelamin menunjukkan bahwa 64 (77,1%) responden berjenis kelamin perempuan dan 19 (22,9%) responden berjenis kelamin laki-laki. IMT dari responden mayoritas *underweight* sebanyak 37 (44,6%).

Simpulan: Siswa-siswi SMA di Kabupaten Pekalongan yang mengalami nyeri DOMS 24 jam setelah olahraga lari dengan jumlah 83 siswa yang dengan nilai vas 5 sebanyak 23 siswa persentase 27.7%

Saran: Hasil penelitian ini dapat menjadi bahan kajian untuk meningkatkan mutu pelayanan fisioterapis dalam pengembangan teori untuk meningkatkan kinerja, efisiensi dan pemerataan kesehatan pada tingkat individu maupun organisasi.

Kata kunci : Nyeri, *Delayed Onset Muscle Soreness*.

Daftar pustaka: 41 (2013-2022)

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ABSTRACT

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**DESCRIPTION OF DELAYED ONSET MUSCLE SORENESS (DOMS)
PAIN IN HIGH SCHOOL STUDENTS IN PEKALONGAN**

Introduction: Sport is a part that greatly influences a person's physical fitness. Exercise cannot be done haphazardly but must be done with the correct technique. The risk of exercise if done excessively can cause side effects, namely muscle discomfort and fatigue, leading to delayed onset muscle soreness (DOMS).

Objective: This study aims to determine the description of delayed onset muscle soreness in high school students in Pekalongan district.

Research Method: This research was given a running sport with a distance of 800 m. This research uses quantitative methods with descriptive research with a cross sectional approach. The population of high school students in Pekalongan district is 2,160. A sample of 83 fits the inclusion and exclusion criteria of the total population. Descriptive analysis to describe delayed onset muscle soreness in Pekalongan.

Research Results: It can be seen that the majority of respondents were 16 years old, 54 (65.1%). Gender data shows that 64 (77.1%) respondents were female and 19 (22.9%) respondents were male. The majority of respondents' BMI was underweight at 37 (44.6%).

Conclusion: High school students in Pekalongan Regency who experience DOMS pain 24 hours after running sports with a total of 83 students with a vase value of 5 as many as 23 students with a percentage of 27.7%

Suggestion: The results of this study can be used as material for study to improve the quality of physiotherapist services in the development of theories to improve performance, efficiency and equity of health at the individual and organizational levels.

Keywords: *Pain, Delayed Onset Muscle Soreness*

References: 41 (2013-2022)