

ABSTRAK

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Hubungan Durasi Lama Bermain dan Usia Dengan Kejadian *Tennis Elbow* Pada Pemain Tennis HW Pekajangan

Pendahuluan: *Tennis elbow* sering dialami oleh pemain tenis akibat *overuse* yang ditandai dengan nyeri dan ketidaknyamanan di siku dan lengan bawah. Faktor risiko meliputi durasi lama bermain, usia, teknik, dan peralatan. Risiko *tennis elbow* meningkat dengan durasi bermain yang lebih lama, karena gerakan yang lebih banyak. Seiring bertambahnya usia, penurunan fungsi otot dan kekuatan juga meningkatkan risiko terkena *tennis elbow*.

Tujuan: Mengetahui hubungan durasi lama bermain dan usia dengan kejadian *tennis elbow* pada pemain tenis HW Pekajangan.

Metode Penelitian: Penelitian ini menggunakan desain observasional analitik dengan pendekatan *cross-sectional* pada 16-18 Juli 2024. Sampel sebanyak 50 responden dipilih secara *purposive sampling*. Analisis data menggunakan analisa univariat dan bivariat berupa uji korelasi *Rank Spearman*.

Hasil Penelitian: Hasil uji korelasi antara durasi bermain dengan kejadian *tennis elbow* menunjukkan nilai *p-value* = 0,118 dengan nilai $r = -0,224$ sedangkan hasil uji antara usia dengan kejadian *tennis elbow* menunjukkan nilai *p-value* = 0,000 dengan nilai $r = 0,558^{**}$

Simpulan: Tidak ada hubungan durasi lama bermain dengan kejadian *tennis elbow* pada pemain tenis hw pekajangan dan ada hubungan antara usia dengan kejadian *tennis elbow* pada pemain tenis hw pekajangan.

Saran: Penelitian selanjutnya diharapkan dapat memperhatikan faktor lain berpengaruh terhadap hasil penelitian seperti teknik pukulan dan peralatan yang digunakan.

Kata Kunci: *tennis elbow*, durasi lama bermain, usia

Daftar Pustaka: 38 (2014–2024)

ABSTRACT

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The Correlation Between Duration of Play and Age with the Incidence of Tennis Elbow in HW Pekajangan Tennis Players

Introduction: Tennis elbow is frequently experienced by tennis players due to overuse, characterized by pain and discomfort in the elbow and forearm. Risk factors include the duration of play, age, technique, and equipment. The risk of tennis elbow increases with longer playing durations due to more frequent movements. Additionally, as age increases, the decline in muscle function and strength also elevates the risk of developing tennis elbow.

Objective: To determine the correlation between the duration of play and age with the incidence of tennis elbow in HW Pekajangan tennis players.

Research Methodology: This study employed an observational analytic design with a cross-sectional approach conducted from July 16-18, 2024. A sample of 50 respondents was selected using purposive sampling. Data analysis involved univariate and bivariate analyses using Spearman's Rank Correlation Test.

Results: The correlation test results between the duration of play and the incidence of tennis elbow showed a p-value of 0.118 with an r-value of -0.224, while the correlation between age and the incidence of tennis elbow showed a p-value of 0.000 with an r-value of 0.558**.

Conclusion: There is no significant correlation between the duration of play and the incidence of tennis elbow among HW Pekajangan tennis players, whereas there is a significant correlation between age and the incidence of tennis elbow.

Recommendation: Future research should consider other factors affecting the study outcomes, such as stroke technique and the equipment used.

Keywords: *tennis elbow, duration of play, age*

References: 38 (2014–2024)