

DAFTAR PUSTAKA

- Abdullah, A. (2020). Perbedaan Pola Cedera Olahraga Pada Atlet Laki-Laki Dan Perempuan.
- Adidtya, M., Anugrah, R. ;, Warthadi, N., & Olahraga, P. (2023). Analisis Cedera Olahraga Atlet Porprov Pencak Silat Surakarta (Ditinjau dari Karakteristik Cedera Muskuloskeletal).
- Belluzzi, E., Pozzuoli, A., & Ruggieri, P. (2023). *Musculoskeletal Diseases: From Molecular Basis to Therapy*. <https://doi.org/10.3390/biomedicines>
- Brenner, J. S., & Watson, A. (2024). *Overuse Injuries, Overtraining, And Burnout In Young Athletes*. *Pediatrics*, 153(2). <https://doi.org/10.1542/Peds.2023-065129>
- Briliansyah Arieputra, A., Setya Arimbi, L., Grafita, L., Budi Lestari, D., Herawati, I., Pristianto, A., & Studi Fisioterapi, P. (2023). Edukasi Pencegahan Dan Penanganan Cedera Akut Pada Komunitas Taekwondo Indonesia Muda. *Abdine: Jurnal Pengabdian Masyarakat*, 3(2), 168–178.
- Fadhilah Ilmi, D., Aprilia Sari, D., Rema Viani, I., Rizki Maulana, J., Wahyuni, W., & Pristianto, A. (2023). Pemberian Edukasi Pertolongan Pertama Dan Penanganan Cedera Berulang Pada Komunitas Pencak Silat Angga Utama Yasa Di Smkn 3 Surakarta. In *J. A. I : Jurnal Abdimas Indonesia*. <https://dmi-journals.org/jai/>
- Fong, D. T., Chan, Y.Y., Mok, K.M., Yung, P. S., & Chan, K.M. (2009). Understanding acute ankle ligamentous sprain injury in sports. *BMC Sports Science, Medicine and Rehabilitation*, 1(1). <https://doi.org/10.1186/1758-2555-1-14>
- Gaikwad P., Motorwala, Z., & Naik, R. (2020). *Screening of Musculoskeletal Disorders Using Standard Nordic Questionnaire in Petrol Pump Workers in the Age Group of 25-50 Years*. In *International Journal of Health Sciences and Research (www.ijhsr.org)* (Vol. 10, Issue 9). www.ijhsr.org
- Gill T. K., Mittinty, M. M., March, L. M., Steinmetz, J. D., Culbreth, G. T., Cross, M., Kopec, J. A., Woolf, A. D., Haile, L. M., Hagins, H., Ong, K. L., Kopansky-Giles, D. R., Dreinhoefer, K. E., Betteridge, N., Abbasian, M., Abbasifard, M., Abedi, K., Adesina, M. A., Aithala, J. P., Brooks, P. M. (2023). *Global, regional, and national burden of other musculoskeletal disorders, 1990–2020, and projections to 2050: a systematic analysis of the Global Burden of Disease Study 2021*. *The Lancet Rheumatology*, 5(11), e670–e682. [https://doi.org/10.1016/S2665-9913\(23\)00232-1](https://doi.org/10.1016/S2665-9913(23)00232-1)
- Gimigliano, F., Resmini, G., Moretti, A., Aulicino, M., Gargiulo, F., Gimigliano, A., Liguori, S., Paoletta, M., & Iolascon, G. (2021). *Epidemiology of musculoskeletal injuries in adult athletes: A scoping review*. In *Medicina (Lithuania)* (Vol. 57, Issue 10). MDPI. <https://doi.org/10.3390/medicina57101118>
- Handelsman, D. J., Hirschberg, A. L., & Bermon, S. (2018). Circulating testosterone as the hormonal basis of sex differences in athletic performance. In *Endocrine Reviews* (Vol. 39, Issue 5, pp. 803–829). Oxford University Press. <https://doi.org/10.1210/er.2018-00020>

- Herzog, M. M., Kerr, Z. Y., Marshall, S. W., & Wikstrom, E. A. (2019). Epidemiology Of Ankle Sprains And Chronic Ankle Instability. *Journal Of Athletic Training*, 54(6), 603–610. <https://doi.org/10.4085/1062-6050-447-17>
- Hughes, D. C., Ellefsen, S., & Baar, K. (2018). Adaptations to Endurance and Strength Training. *Cold Spring Harbor perspectives in medicine*, 8(6), a029769. <https://doi.org/10.1101/cshperspect.a029769>
- Ilham, Z., Adila, F., Ittaqwa, Muhibbi, M., Saputro, D. P., & Rahmatullah, M. I. (2023). Penanganan Pada Cedera Olahraga. www.ciptapublishing.id
- Irawati, N., Yogisutanti, G., & Sitorus, N. (2020). Hubungan Antara Status Gizi, Masa Kerja Dan Sikap Kerja Dengan Gangguan Muskuloskeletal Pada Penjahit Di Jawa Barat Relationship Between Nutritional Status, Years Of Service, And Work Attitudes With Musculoskeletal Disorders In Tailors At West Java (Vol. 4, Issue 1). [Http://E-Journal.Unair.Ac.Id/Jphrecode](http://E-Journal.Unair.Ac.Id/Jphrecode)
- Istyanto, F., & Aulia Rahmi, S. (2023). Manfaat Aktifitas Fisik Terhadap Kesehatan Mental Berbasis Narrative Literature Review The Benefits Of Physical Activity On Mental Health : Narrative Literature Review. 14(02), 182–192.
- Kemenkes. (2023). Kategori Usia. Retrieved from Kemenkes: <https://ayosehat.kemkes.go.id/kategori-usia>
- Khadavi M. R., Pelatihan, W., Pendidikan, G., Sekolah, J., Kecamatan, D., Kota, G., Rizkan Khadavi, P. M., Muhammadiyah, S., Belitung, B., & Amalinulfah, W. (2021). Workshop Pelatihan Pencegahan dan Perawatan Cidera (PPC). *Jurnal Pengabdian Masyarakat*, 1(01). <https://doi.org/10.32923/taw.v0i0.0000>
- Kumar, V., Singh, V., Chaturvedi, R., Punia, S., & Kumar, S. (2015). One Year Prevalence of Musculoskeletal Disorders during Training among Boxing Players in Haryana: A Retrospective Study. *IOSR Journal of Sports and Physical Education (IOSR-JSPE)*, 2(5), 21–24. <https://doi.org/10.9790/6737-0252124>
- Kurtovic, n., & eminovic, m. (2022). Sports injuries in karate.
- Laksmi, D. Y., & Mustiko, P. L. (2024). Pola Gangguan Muskuloskeletal Di Usia Produktif. *Jurnal Kesehatan Panca Bhakti Lampung*, 12(2), 136. <https://doi.org/10.47218/Jkpbl.V12i2.326>
- López-Aragón L., López-Liria, R., Callejón-Ferre, ángel J., & Gómez-Galán, M. (2017). Applications of the standardized nordic questionnaire: A Review. In *Sustainability (Switzerland)* (Vol. 9, Issue 9). MDPI. <https://doi.org/10.3390/su9091514>
- Louwrens, D. (2024, November 19). 13 Male vs Female Sports Statistics, Facts, and Demographics. Retrieved from *Muscle Brawn*: <https://muscleandbrawn.com/statistics/male-vs-female-sports/>
- Lunkes, L. C., Reis, A. N. C., Canestri, R., & Vilella, R. C. (2024). Prevalence of musculoskeletal pain in body segments in Judo and Jiu-jitsu athletes. *Brazilian Journal Of Pain*, 7. <https://doi.org/10.5935/2595-0118.20240010-en>
- Lystad, R. P., Augustovičová, D., Harris, G., Beskin, K., & Arriaza, R. (2020). Epidemiology of injuries in Olympic-style karate competitions: Systematic review and meta-analysis. In *British Journal of Sports Medicine* (Vol. 54, Issue 16, pp. 976–983). BMJ Publishing Group. <https://doi.org/10.1136/bjsports-2020-101990>

- MacHado, S. M., Osório, R. A. L., Silva, N. S., & Magini, M. (2010). Biomechanical analysis of the muscular power of martial arts athletes. *Medical and Biological Engineering and Computing*, 48(6), 573–577. <https://doi.org/10.1007/s11517-010-0608-z>
- Mann, K. J., O'dwyer, N., Bruton, M. R., Bird, S. P., & Edwards, S. (2022). Movement Competency Screens Can Be Reliable In Clinical Practice By A Single Rater Using The Composite Score. *International Journal of Sports Physical Therapy*, 17(4), 593–604. <https://doi.org/10.26603/001c.35666>
- Mariana, D., Komarudin, K., Saputra, M. Y., & Novian, G. (2024). Cedera dan Gangguan Kecemasan Umum Atlet Pencak Silat Pra-Remaja dan Remaja Selama Masa Latihan. *Jurnal Ilmu Keolahragaan*, 7(1), 17. <https://doi.org/10.26418/jilo.v7i1.79375>
- Matutu, O. N., Nurliani, & Fahrizal. (2019). Kontribusi Kecepatan Reaksi Tangan Dan Ketepatan Terhadap Kemampuan Pukulan Giaku Tsuki Pada Cabang Olahraga Karate Inkado Di Ranting Kota Makassar.
- Maulana, R. A., Febria Friskawati, G., & Karisman, V. A. (2024). *Jurnal Olahraga Pendidikan Indonesia (Jopi) Gender Dan Kebugaran Jasmani Siswa: Analisis Perbedaan Hasil Tes Kebugaran Siswa Indonesia (Tksi) Fase D*. 4(1), 39–49. [Http://Jopi.Kemempora.Go.Id/Index.Php/Jopi](http://Jopi.Kemempora.Go.Id/Index.Php/Jopi)
- Monoem Haddad. (2014). Performance Optimization in Taekwondo: From Laboratory to Field. In *Performance Optimization in Taekwondo: From Laboratory to Field*. OMICS International. <https://doi.org/10.4172/978-1-63278-038-6-039>
- Nur Syamsuddin, W., Sartika Sari, F., Mardiyah, S., (2021). Pengaruh Pemberian Pelatihan Rice Terhadap Keterampilan Penanganan Cedera Strain Pada Atlet Pencak Silat Di Sragen.
- Paputungan, F., & Ilmu Pendidikan, F. (2023). Karakteristik Perkembangan Masa Dewasa Awal Developmental Characteristics Of Early Adulthood. In *Media Online) Journal Of Education And Culture (JeaC) (Vol. 3, Issue 1)*.
- Paramita, B. L., & Adhimukti, D. H. (2018). Karakteristik Cedera pada Kejuaraan Taekwondo Tingkat Amatir 2016, Jakarta, Indonesia (Vol. 45, Issue 10).
- Pratama, A., & Rohman Kafrawi, F. (2024). Fenomena Cedera Pada Olahraga Karate Di Desa Petiken Driyorejo. <https://doi.org/10.6732/jayabama.v2i2.3514>
- Purnomo, E., Setyawati, H., & Kristiyanto, A. (2024). Body parts injured in pencak silat. *Health, Andicophs*, 4.
- Putranto, A. D., & Efendi, M. Y. (2024). Pentingnya Kebugaran Jasmani Untuk Meningkatkan Kekuatan Tubuh Dalam Mengikuti Kegiatan Belajar Dan Mengajar Di Smp Dharma Karya Ut. 2721–6349.
- Rahman, F., Dimashanda, E., Galih Wijayandari, N., Zalfa, F., Faa, A., Islami Putri, J., Hendrawan Roneta, C., Pristianto, A., Studi Fisioterapi, P., Ilmu Kesehatan, F., Yani Tromol Pos Pabelan Kartasura, J. A., & Tengah, J. (2022). Penyuluhan Program Fisioterapi Untuk Mencegah Sprain Ankle Pada Komunitas Wushu Di Perkumpulan Masyarakat Surakarta (Pms).
- Seaman, D. R. (2013). Body mass index and musculoskeletal pain: Is there a connection? In *Chiropractic and Manual Therapies (Vol. 21, Issue 1)*. <https://doi.org/10.1186/2045-709X-21-15>

- Septyani, W., & Hakim, A. A. (n.d). Analisis Tingkat Kondisi Fisik dalam Memperoleh Medali Emas Cabang Olahraga Karate-60 Kg Kumite Analisis Tingkat Kondisi Fisik Dalam Memperoleh Medali Emas Cabang Olahraga Karate-60 Kg Kumite Putra Pada Asian Games 2018 Di Indonesia.
- Setiadi, & Irawandi, D. (2023). Hubungan Indeks Massa Tubuh Dengan Gangguan Otot (Vol. 2, Issue 2). <https://Jurnal.Jomparnd.Com/Index.Php/Jkj>
- Sumida, S., Iwamoto, J., Kamide, N., & Otani, T. (2012). Evaluation of bone, nutrition, and physical function in Shorinji Kempo athletes. *Open Access Journal of Sports Medicine*, 107. <https://doi.org/10.2147/oajsm.s34010>
- Syahdan, R. Y., & Febriyanto, K. (2022). Hubungan Masa Kerja Dengan Risiko Musculoskeletal Disorders (Msds) Pada Petugas Pemadam Kebakaran (Vol. 3, Issue 2).
- Thorpe, R. T. (2021). Post-exercise Recovery: Cooling and Heating, a Periodized Approach. *Frontiers in Sports and Active Living*, 3. <https://doi.org/10.3389/fspor.2021.707503>
- Viswanatha, P. A., & Adiatmika, I. P. G. (2020). Hubungan Rutinitas Olahraga Dengan Gangguan Muskuloskeletal Pada Pegawai Fakultas Kedokteran Universitas Udayana. *Jurnal Medika Udayana*, 9.
- World Health Organization. (2010). Retrieved from A healthy lifestyle - WHO recommendations: <https://www.who.int/europe/news-room/fact-sheets/item/a-healthy-lifestyle-who-recommendations>
- Zech, A., Hollander, K., Junge, A., Steib, S., Groll, A., Heiner, J., Nowak, F., Pfeiffer, D., & Rahlf, A. L. (2022). Sex Differences In Injury Rates In Team-Sport Athletes: A Systematic Review And Meta-Regression Analysis. In *Journal Of Sport And Health Science* (Vol. 11, Issue 1, Pp. 104–114). Elsevier B.V. <https://doi.org/10.1016/j.jshs.2021.04.003>
- Zetaruk M. N., Violán, M. A., Zurakowski, D., & Micheli, L. J. (2005). Injuries in martial arts: A comparison of five styles. *British Journal of Sports Medicine*, 39(1), 29–33. <https://doi.org/10.1136/bjism.2003.010322>

