



## Survey Of Sports Injuries In Young Football Athletes In Football Competitions

**M. Akbar Husein Allsabab<sup>1\*</sup>, Sugito<sup>2</sup>**

<sup>1,2</sup>Faculty of Health sciences and sciences / Department Physical Education, Health, and Recreation /  
Nusantara PGRI Kediri University / East Java / Indonesia

<sup>1,2</sup>Street. KH. Ahmad Dahlan No. 76, Mojoroto, District. Mojoroto, Kediri City, East Java, 64112

[akbarhusein@unpkediri.ac.id](mailto:akbarhusein@unpkediri.ac.id), [sugito@unpkediri.ac.id](mailto:sugito@unpkediri.ac.id)

*Received:* February 17, 2023; *Reviewed:* February 21, 2023; *Accepted:* February 24, 2023;

*Published:* February 28, 2023

### ABSTRACT

*Sports injuries are a big problem for coaching young athletes to prepare to become professional players. Therefore, it is necessary to know the incidence of injury and the type of injury in sports or football matches so that coaches and players can anticipate injury events. The purpose of this study was to determine the incidence of injuries and types of injuries of young football players in a youth football coaching competition. This research method is a survey with an interview approach and filling out a questionnaire about sports injuries after the game, the questionnaire has been validated by validators according to their fields. The subject of this research is 360 football players who participated in the Bola Kediri Cup 2022 event. The results of this study were that of the 360 players who participated in the Bola Kediri Cup 2022 match, 121 or 33.6% of players did not experience injuries, while 239 or 66.4% of players suffered injuries. Meanwhile, the type of injury that most affects players is muscle cramps 79 or 33.1%. From the results of this study, players and coaches can find out and minimize the incidence of injuries in football matches. Minimizing these injuries can be done by preparing players in shape so that players are ready during the game.*

**Keywords:** *Sports Injuries; Football; Young Age; Youth Competition.*

### INTRODUCTION

Sports is an activity or activity carried out by an individual with certain intentions, sports activities can be used as a means of competition activity that is used to achieve achievements (Okillanda, 2018). Football in Indonesia is still in the stage of achieving achievements both in the national team and clubs that play in the AFC (Weda & Kurniawan, 2022). All efforts to increase the quantity and quality of human resources continue to be carried out by coaching players at a young/early age which hopefully can produce athletes who can excel optimally (Kbarek & Endah Nuffida, 2017). The game of football is a game that is in great demand by most of the world community, because this sport is very interesting

to watch and play (Fadli, 2019). In the game of football, victory can be obtained by scoring as many goals as possible compared to the opposing team (Rohman, 2017).

The sport of football is included in the sport of achievement which is carried out with a coaching process that is carried out in a planned, processed, and tiered manner. Football coaching in addition to going through such a long process needs to be developed with the support of Science and technology in sports (Schulenkorf et al., 2016). Football Organization in Indonesia is managed by the Indonesian Football Association (PSSI) the purpose of this organization is to develop and improve achievements in the sport of football. Several ways are taken in developing and improving by holding championships and competitions in football at various age levels. The procurement of competitions that aim to carry out coaching is to find talented players, who later from the competition can see the skills possessed by players who play in the competition (Larsen et al., 2012). Activities to improve the quality of Indonesian football will be more effective if they carry out coaching well which starts in the regions. In the city of Kediri, there has been a lot of development of football coaching through football schools (SSB) and participation in football coaching programs in the surrounding areas. Coaching in sports, especially in governing football and the most responsible is the coach, Coaches are responsible for training programs and player development so that the potential of athletes can develop (DiSanti et al., 2019). Currently, coaches must have broad competence and be more responsible for athletes, the demand as a coach is to be able to bring out the best potential for athletes so that coaches know the characteristics of their athletes so that athletes can be regulated in carrying out their athlete competencies.

Football cannot be released from injury, this is due to the weak physical condition or weak fitness of players. Injuries can be experienced by everyone who performs strenuous activities or has the best ability so that the body is unable to support their activities. Injury is damage or injury suffered or suffered by a person due to an impact on an object or anything (Setyaningrum, 2019). Injuries are a scourge and are often experienced by an athlete, the most injuries that happen to football players, especially young people, are abrasions, bruises, and tears or the most severe are fractures and dislocations (Aicale et al., 2018; Whittaker et al., 2015).

Injuries know no age limit, this occurs due to the body's inability to support the activities carried out by the human body when doing work (Büttner et al., 2021). In terms of age, 20% of children in America who engage in physical activity experience injuries each year (Whittaker et al., 2015), further injuries such as wounds, strains, sprains, dislocations, and fractures (Luke et al., 2011).

In children, the incidence of sports injuries in football causes several things, such as

the provision of less physical activity, techniques and tactics that are not mastered correctly. The occurrence of injuries to children as an object for football coaching in the development of football competence in the city of Kediri needs to be a serious concern, especially for young football coaches by knowing that children's injuries can be an evaluation material in training, and preventive procurement in overcoming injuries suffered by children in football. Young athletes generally when experiencing an injury event are feeling great pain in the sport they do (Hausken-Sutter et al., 2021). Young athletes who have suffered injuries are traumatized when they resume their sports activities, this is when reviewed at the young athlete feels the fear of experiencing pain that has been suffered so the fear of their future in the sport (Friesen et al., 2018; Olsen et al., 2005).

Therefore, it is very important to know the injuries suffered by youth football in a competition, it is important to review what injuries are experienced by young football athletes when participating in youth coaching competitions, so that after being known to athletes or being able to know the types of injuries so that from this knowledge it can be preventive when experiencing injuries.

## METHOD

This study uses a quantitative research design using a survey approach whose research design is to determine the percentage of types of injuries by young football athletes in the Bola Kediri Cup 2022 competition in Kediri City. Data collection was carried out during the competition, starting from August 28, 2022, to October 1, 2022, with the number of participants in the Bola Kediri Cup 2022 competition, namely 16 teams participating in the competition. Sampling technique using purposive sampling with criteria consisting of 1) filling out an approval sheet to become a respondent, 2) Participating in the 2022 Kediri Cup Ball competition. From sampling techniques, researchers have obtained 360 research subjects.

The study used structured interview questions to assess research variables. Interview questions are validated by a team of validators in the field of sports injuries, and then small-scale tests are carried out on relevant participants in the field. Furthermore, the data is evaluated with further modifications and refinements to make the instrument more suitable for the participants. In carrying out the actual data collection, the study uses a systematic process. After validating and assessing the reliability of the research instrument, the researchers sought permission from trainers and parents of participants and engaged in discourse to provide direction and coordination regarding the study. An informed consent

form is presented and filled out, and a signed form is collected from parents and participants. Live interviews last between 30 and 45 minutes, after conducting a match or after participants have finished a match session. Before answering, the researchers examined whether the participants understood the questions. Audio recordings and field notes are used to ensure the accuracy of data collection.

The data analysis carried out is with data collected from the results of data collection and then processed with the following stages, the data collected and checked for correctness and completeness is then given coding by the researcher manually before using SPSS 25.

Scoring is carried out to provide an assessment of the results of the questionnaire with indicators, if in checking it is known that the answer is incomplete or there are errors, the data must be completed by clarifying again on the subject concerned. The following table is a range of answer criteria for retrieving answers to the data obtained.

**Table 1.**  
Scoring Criteria for Possible Injury

Questionnaire	Questionnaire Result	Criterion
Sample-00	71 – 105	No Injuries
Sample-00	35 - 70	Injuries
<b>Total</b>		

From the table above, the number of values 71-105 is the criterion for not experiencing the possibility of injury, and the value of 35-70 is the criterion for possible injury. Then move the data from the list of questions into tables that are used to facilitate the results of taking research answers. Furthermore, make a percentage of the data results found so that it can easily explain the number of results obtained in the form of percentages.

Percentage:

$$P = \frac{n}{N} \times 100\%P$$

Information:

P= percentage (final value)

n= number of real values obtained

N= number of samples

(Maksum,2007:8)

## RESULTS AND DISCUSSION

This study aims to determine the incidence of injuries and types of injuries during the Bola Kediri Cup 2022 match. The data in this study is the percentage of injuries experienced and types of injuries during the Bola Kediri Cup 2022 activities held. Each data will be

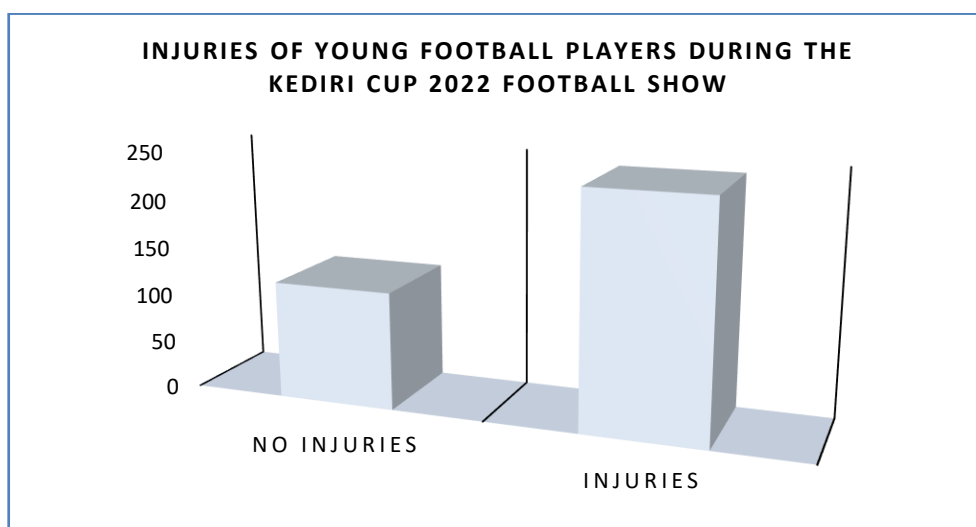
described to make it easier to present research data. This data was obtained from the Bola Kediri Cup 2022 participants after competing according to the schedule that has been determined by the committee. The percentage of injuries was recorded by providing interviews to subjects to explain that during the 2022 Kediri Cup football competition, they suffered injuries after playing.

After knowing the injury during a match played by a young player during the Bola Kediri Cup 2022 competition, a more in-depth analysis of the injury suffered by the player was carried out. The results of the study obtained the percentage of injuries in young football players after the match schedule was also in the Bola Kediri Cup 2022 match, the results of descriptive data analysis on each data were as follows:

**Table 2.**  
Percentage of Injuries of Young Football Players During the Bola Kediri Cup 2022 Show

Criterion	Frequency	Percentage
No Injuries	121	33,6%
Injuries	239	66,4%
<b>Total</b>	<b>360</b>	<b>100%</b>

Of the percentage of injuries experienced 360 players who competed during the Bola Kediri Cup 2022 event had a percentage of injuries of 239 young players or (66.4%), while the percentage who did not suffer injuries was 121 young players or (33.6). Based on the table above, it can be concluded that young football players during the 2022 Kediri Cup Football were at least 239 or 66.4% of young players injured. The following is a diagram of the interview results of injury incidents during the Bola Kediri Cup 2022 match:



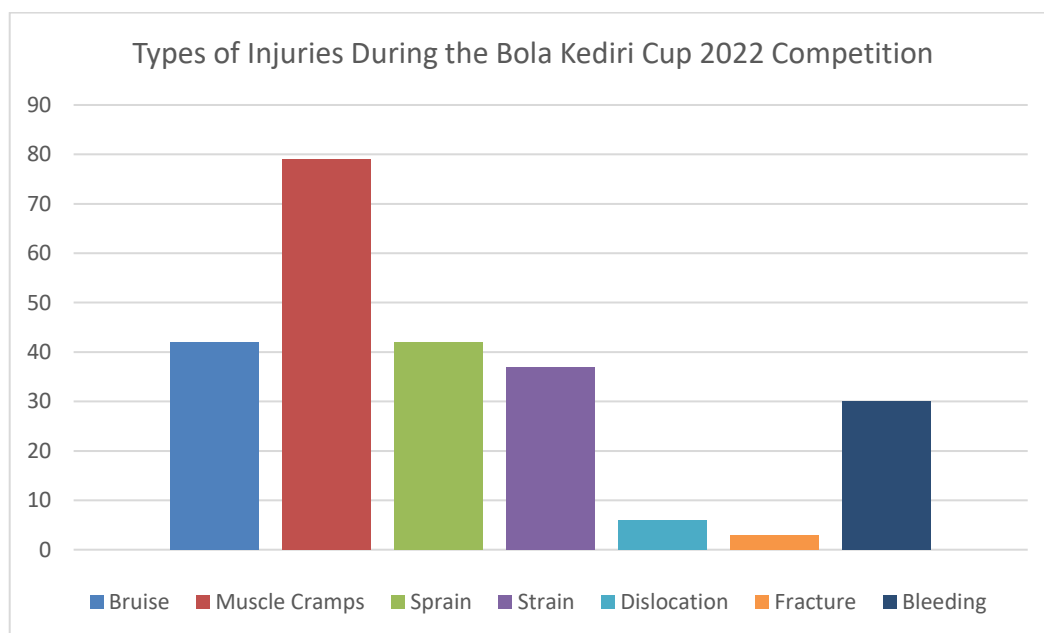
**Figure 1.**  
Incidents of Injuries of Young Football Players During Kediri Cup 2022 Football Matches  
Furthermore, after knowing whether there is an injury or not during the Bola Kediri

Cup 2022 youth football match, the types of injuries suffered by young football players during the match are as scheduled, the results of descriptive data analysis on each data are as follows:

**Table 3.**  
Percentage of Types of Injuries During the Bola Kediri Cup 2022 match

Types Of Injuries	Frequency	Percentage (%)
Bruise	42	17,6%
Muscle Cramps	79	33,1%
Sprain	42	17,6%
Strain	37	15,5%
Dislocation	6	2,5%
Fracture	3	1,3%
Bleeding	30	12,6%

The percentage of types of injuries suffered by 239 players who competed during the Bola Kediri Cup 2022 event in respondents who suffered injuries during the match, types of injuries such as Bruising as many as 42 players or 17.6%, muscle cramps as many as 79 players or 33.1%, muscle sprain as many as 42 players or 17.6%, strains as many as 37 players or 15.5%, dislocations as many as 6 players or 2.5%, fractures were 3 players or 1.3%, and bleeding was 30 players or 12.6%. Based on the table above, it can be concluded that the type of injury of young football players participating in the Bola Kediri Cup 2022 has the most muscle cramps as many as 79 players or 33.1%. The following is a diagram of the types of injuries suffered by young football players participating in the Bola Kediri Cup 2022:



**Figure 2.**  
Types of Injuries of Young Football Players During the Bola Kediri Cup 2022 Competition

From the results of the study above, it is stated that the incidence of injuries occurring in the Bola Kediri Cup 2022 competition shows that there were 239 cases of injuries during the game. Football athletes who perform activities including running, walking, jumping, throwing, and playing the ball are all carried out football techniques during football matches. By doing some of these activities, some limbs experience fatigue so they experience injuries. So with such a large schedule of matches requires players to display their best skills so they experience fatigue and it is known that most of the injuries that occur a lot are muscle cramps.

The occurrence of various injuries in a sports match is caused by fatigue of limbs due to the large number of activities carried out (Setyaningrum, 2019). Injuries such as muscle cramps can occur because of the body's response to fatigue due to the activities carried out, especially football sports cramps are a response to body fatigue, especially the dominant part in doing movements in these activities. In addition, the heavy activity load due to prolonged activity in sports injury is a response to the body being unable to do further work on each of these activities. Sports injury is a disorder or pain caused by physical activity, from which the activity is a large physical activity (Read et al., 2019). Injuries in sports are caused by defects, cuts, and damage to body parts such as damage to muscles or joints and other parts of the body (Frizziero et al., 2014; Guermazi et al., 2017). In every sporting event including football injuries can befall the athletes involved in it, in youth football injuries are a terrible thing because they can be a factor hindering the future of the young player (Aicale et al., 2018). The severity of injuries can hinder the development of players, especially young players because there is a trauma factor, and the level of healing that takes a long time so the continuation of the child's age can be a gamble (Barden et al., 2021; Whittaker et al., 2015).

From the results of this study, the types of injuries obtained from field reviews are types of injuries that are usually found in sports, including football. The incidence of injury in football requires quick treatment according to the right healing method because the nature of the injury that must be treated immediately and must be treated appropriately makes the injury manageable and does not damage body parts more severely (O'Brien et al., 2019). The treatment and recovery of sports injuries must be handled properly and perfectly so that the injury does not get worse and does not cause subsequent injuries.

Various kinds of injuries to young football athletes obtained in football activities usually come from impacts or body conditions that are the cause of injuries suffered by players. The results of this study are the most common injuries experienced by players

during the Bola Kediri Cup 2022 show. A cramping injury is an injury that indicates that the body has done its maximum work, and the body feels unable to continue its next activity (Baskoro et al., 2018). The study also sheds light on other types of injuries suffered by young players during the competition.

The results of this study show that the identification of injuries of young football athletes during competitions can cause further attention for athletes and coaches. Coaches need to pay attention to the cause of the injury and use it as study material for the preparation of the right training program for football players so that the right program can make the player's condition ready to do matches (Hebestreit & Bar-Or, 2008). The condition of being ready to perform for football players is very important to ensure that players can compete with maximum ability.

Injuries to young players a coach should be of particular concern because young athletes are in a coaching period to train peak abilities so that skills can be mastered properly so that those players can be prepared at the senior level. Therefore, coaches must prepare the condition of their players properly so that the coaching carried out on young players can be carried out optimally. The incidence of injury in sports matches needs to be minimized for a player when competing, minimizing the incidence of injury can be done by preparing and fostering the condition of the athlete when player coaching is carried out (Guermazi et al., 2017; Semperboni et al., 2021). Minimizing the incidence of injuries in sports is very much needed by coaches and athletes, this aims to make players who carry out sports activities by preparing their condition as much as possible so that they can be ready for sports matches.

## CONCLUSIONS AND SUGGESTIONS

The purpose of this study is to determine the incidence of injuries and types of injuries of young football players participating in youth coaching competitions. The incidence of injuries in a youth player coaching event is known to have several cases of injury with most cramping injuries that occur in young players. The results of this research are a concern in the future for coaches and football players to minimize the incidence of injuries in a football match because injuries are one of the factors that can hinder the future of players. From the results of this study the future, it is hoped that it can become a reference researcher to develop preventive techniques for avoiding injury events in sports.



## REFERENCES

- Aicale, R., Tarantino, D., & Maffulli, N. (2018). Overuse injuries in sport: A comprehensive overview. In *Journal of Orthopaedic Surgery and Research* (Vol. 13, Issue 1). <https://doi.org/10.1186/s13018-018-1017-5>
- Barden, C., Quarrie, K. L., McKay, C., & Stokes, K. A. (2021). Employing Standardised Methods to Compare Injury Risk across Seven Youth Team Sports. *International Journal of Sports Medicine*, 42(11). <https://doi.org/10.1055/a-1327-3009>
- Baskoro, F. Y., Moerjono, S., & Anggraheny, H. D. (2018). Pemanasan Fisik Menurunkan Kejadian Kram Otot Triceps Surae pada Atlet Renang. *MAGNA MEDICA: Berkala Ilmiah Kedokteran Dan Kesehatan*, 2(4). <https://doi.org/10.26714/magnamed.2.4.2018.71-75>
- Büttner, F., Howell, D. R., Iverson, G. L., Doherty, C., Blake, C., Ryan, J., & Delahunt, E. (2021). Participation in pre-injury level sport one-year following sport-related concussion: A prospective, matched cohort study. *Journal of Science and Medicine in Sport*, 24(6). <https://doi.org/10.1016/j.jsams.2020.12.014>
- DiSanti, J. S., Post, E. G., Bell, D. R., Schaefer, D. A., Brooks, M. A., McGuine, T. A., & Erickson, K. (2019). Exploring coaches' perceptions of youth sport specialization: A comparison of high school and club sport contexts. *Journal of Athletic Training*, 54(10). <https://doi.org/10.4085/1062-6050-409-18>
- Fadli, M. (2019). Bermain Sepakbola Pada Pemain Usia ( Ssb ) Persis Makassar. *Jurnal Ilmu Keolahragaan*.
- Friesen, P., Saul, B., Kearns, L., Bachynski, K., & Caplan, A. (2018). Overuse Injuries in Youth Sports: Legal and Social Responsibility. *Journal of Legal Aspects of Sport*, 28(2). <https://doi.org/10.18060/22569>
- Frizziero, A., Trainito, S., Oliva, F., Nicoli Aldini, N., Masiero, S., & Maffulli, N. (2014). The role of eccentric exercise in sport injuries rehabilitation. *British Medical Bulletin*, 110(1). <https://doi.org/10.1093/bmb/1du006>
- Guerhazi, A., Roemer, F. W., Robinson, P., Tol, J. L., Regatte, R. R., & Crema, M. D. (2017). Imaging of muscle injuries in sports medicine: Sports imaging series. In *Radiology* (Vol. 282, Issue 3). <https://doi.org/10.1148/radiol.2017160267>
- Hausken-Sutter, S. E., Pringle, R., Schubring, A., Grau, S., & Barker-Ruchti, N. (2021). Youth sport injury research: a narrative review and the potential of interdisciplinarity. In *BMJ Open Sport and Exercise Medicine* (Vol. 7, Issue 1). <https://doi.org/10.1136/bmjsem-2020-000933>
- Hebestreit, H., & Bar-Or, O. (2008). The Young Athlete. In *The Young Athlete*. <https://doi.org/10.1002/9780470696255>
- Kbarek, J. M. A., & Endah Nuffida, N. (2017). Akademi Sepakbola Usia Dini Dengan Pendekatan Arsitektur Perilaku. *Jurnal Teknik ITS*, 6(2).

<https://doi.org/10.12962/j23373539.v6i2.26060>

- Larsen, C., Alfermann, D., & Christensen, M. (2012). Psychosocial Skills in a Youth Soccer Academy: A Holistic Ecological Perspective. *Sport Science Review*. <https://doi.org/10.2478/v10237-012-0010-x>
- Luke, A., Lazaro, R. M., Bergeron, M. F., Keyser, L., Benjamin, H., Brenner, J., D'Hemecourt, P., Grady, M., Philpott, J., & Smith, A. (2011). Sports-related injuries in youth athletes: Is overscheduling a risk factor? *Clinical Journal of Sport Medicine*, 21(4). <https://doi.org/10.1097/JSM.0b013e3182218f71>
- O'Brien, J., Finch, C. F., Pruna, R., & McCall, A. (2019). A new model for injury prevention in team sports: the Team-sport Injury Prevention (TIP) cycle. In *Science and Medicine in Football* (Vol. 3, Issue 1). <https://doi.org/10.1080/24733938.2018.1512752>
- Okillanda, A. (2018). Halaman Olahraga Nusantara. *Jurnal Ilmu Keolahragaan*, 1(vol.1).
- Olsen, O. E., Myklebust, G., Engebretsen, L., Holme, I., & Bahr, R. (2005). Exercises to prevent lower limb injuries in youth sports: Cluster randomised controlled trial. *British Medical Journal*, 330(7489). <https://doi.org/10.1136/bmj.38330.632801.8F>
- Read, C., Beaumont, C., Isbell, J., Dombrowsky, A., Brabston, E., Ponce, B., Hale, H., McCollough, K., Estes, R., & Momaya, A. M. (2019). Spectator injuries in sports. In *Journal of Sports Medicine and Physical Fitness* (Vol. 59, Issue 3). <https://doi.org/10.23736/S0022-4707.18.09146-6>
- Rohman, U. (2017). Evaluasi Kompetensi Pelatih Sepakbola Usia Dini Di Sekolah Sepakbola. *Jurnal Pendidikan Jasmani Dan Olahraga*, 2(2). <https://doi.org/10.17509/jpjo.v2i2.8186>
- Schulenkorf, N., Sherry, E., & Rowe, K. (2016). Sport for development: An integrated literature review. *Journal of Sport Management*. <https://doi.org/10.1123/jsm.2014-0263>
- Semperboni, L., Vignati, C., Ballatore, M. G., Tabacco, A., Busso, C., & Minetto, M. A. (2021). Diagnostic performance of the Strength and Pain Assessment (SPA) score for non-contact muscle injury screening in male soccer players. *Physician and Sportsmedicine*, 49(3). <https://doi.org/10.1080/00913847.2020.1824986>
- Setyaningrum, D. A. W. (2019). Cedera olahraga serta penyakit terkait olahraga. *Jurnal Biomedika Dan Kesehatan*, 2(1). <https://doi.org/10.18051/jbiomedkes.2019.v2.39-44>
- Weda, & Kurniawan, W. P. (2022). Peranan Filosofi Sepakbola Indonesia dalam Pengajaran Sepakbola di Universitas Nusantara PGRI Kediri. *Jurnal Pendidikan Kesehatan Rekreasi*, 8(1).
- Whittaker, J. L., Small, C., Maffey, L., & Emery, C. A. (2015). Risk factors for groin injury in sport: An updated systematic review. In *British Journal of Sports Medicine* (Vol. 49, Issue 12). <https://doi.org/10.1136/bjsports-2014-094287>