

## INJURES HANDLING AND INSTRUCTIONAL MANAGEMENT FOR SPORT TEACHERS IN INDONESIAN EMPOWERING INTEGRATED ISLAMIC SCHOOL

Rita Prima Bendriyanti <sup>1</sup> .  
Citra Dewi <sup>2</sup> ,  
Desrio Windoro <sup>3</sup> ,  
Juwita <sup>4</sup> ,  
Bunga Tri Suarningsih <sup>5</sup> ,  
Ivan Afrianto <sup>6</sup>

- <sup>1)</sup> Teacher Training and Education, Bengkulu Dehasen University , [rita.prima@unived.ac.id](mailto:rita.prima@unived.ac.id) .  
<sup>2)</sup> Teacher Training and Education, Bengkulu Dehasen University [citravioleta04 @ unived.ac.id](mailto:citravioleta04@unived.ac.id) .  
<sup>3)</sup> Teacher Training and Education, Dehasen University Bengkulu, [desrio25@unived.ac.id](mailto:desrio25@unived.ac.id) .  
<sup>4)</sup> Teacher Training and Education, Dehasen Bengkulu University, [juwitarhazes@gmail.com](mailto:juwitarhazes@gmail.com) .  
<sup>5)</sup> Teacher Training and Education, Bengkulu Dehasen University , [bungatri@gmail.com](mailto:bungatri@gmail.com) .  
<sup>6)</sup> Teacher Training and Education, Bengkulu Dehasen University, [iaffrianto@gmail.com](mailto:iaffrianto@gmail.com) .

### Introduction

The Indonesian Integrated Islamic School Empowering (JSIT), which was founded on July 30, 2003 with the vision "to become an integrated activist and empowerment center for Islamic schools in Indonesia towards effective and quality schools, currently JSIT Indonesia has 2,317 school members throughout Indonesia consisting of early childhood, elementary school, Junior High School. Senior High School which have been scattered in 33 provinces.

One of the components that is the benchmark for the development of a country is education, because education greatly affects the personal formation of students. Therefore teachers or educators, especially Physical Education teachers must have innovations that can improve learning in their students, therefore it is necessary to have quality, character and globally competitive education with quality, character and global competitiveness education, it will be born. superior seeds who are not only intelligent but have character, are independent and have competitiveness and can cooperate in the face of this educational progress, this is guided by the basic goals of National education in the National education system law number (20 of 2003).

The term management has many meanings, depending on the person who interprets it, (Ricky W. Griffin, 2004) defines management as a series of activities including planning, and decision-making, organizing, leadership, and controlling directed at the organization's human, financial resources. , physical, and information with a view to achieving organizational goals effectively and efficiently. Furthermore, the definition of management is stated (Parker Stoner & Freeman, 2000): doing work through people (the art of getting things done through people). (Sufyarma, 2004) quotes Stoner as saying: Management is the process of planning, organizing, leadership and controlling the efforts of organizational members and the use of organizational resources to achieve predetermined goals effectively and efficiently .

The effectiveness of implementing the planning function in learning activities is indicated by the application of the principles of learning planning about (1) determining what the teacher wants to do, when and how to do it in the implementation of learning, (2) limiting goals on the basis of specific instructional objectives and establishing work implementation for achieve maximum results through the process of determining learning targets, (3) developing alternatives in accordance with the learning strategy, (4) collecting and analyzing information that is important to support learning activities, (5) preparing and communicating plans and decisions relating to learning to interested parties. (Made Pidarta, 2004) Learning can be defined as a process by which behavior as a result of the experience. Learning is essentially an activity that expects behavioral changes in individuals who are learning. From concept to learn that the term learning that may be interpreted as an attempt student learning.

( Nana Syaodih : 2002) Sukmadinata identifies 4 (four) benefits of learning objectives, namely: (1) Make it easy to communicate the purpose of teaching and learning activities to students, so that students can do their learning more independently; (2) Make it easier for teachers to select and compile teaching materials; (3) Helping to make it easier for teachers to determine learning activities and learning media; and (4) Make it easy for teachers to conduct assessments.

It can be concluded that management is a process of planning, organizing, coordinating, and controlling resources to achieve goals effectively and efficiently. Effective means that goals can be achieved according to planning, while efficient means that existing tasks are carried out correctly, organized, and on schedule. With the aim of learning can approach specific problems in learning, which contains a meaning as knowledge and

understanding based on the information received. This approach considers what should be learned about the material. That this approach will create specific learning in accordance with the field.

The learning process of CHD is quite closely related to injuries. Injury is something that is difficult to avoid when someone is doing sports activities. Injuries can attack almost all parts of the body, usually children when they are faced with a game, children forget that they are limited by rules so that they do not get injured, because if they are not limited by rules, sometimes they play unsportsmanlike sometimes grabbing or taking the ball they don't fear, like stopping. the ball by sleeding the foot or even using body contact. The students can find out what happened and why they were injured, injuries that often occur during sports activities such as joint pain, cramps and abrasions. Sports injuries can be classified into 3 major groups, namely: 1) internal groups, namely: caused by: posture, overload, physical condition, muscle imbalance, incorrect coordination of movements, and lack of warm-up. 2) external group, namely: due to sports equipment: racket, ball and hokey stick, environmental conditions, and body contact sports. 3) group (Over-use) due to excessive use of muscles or too tired ( Hardianto Wibowo, 2007).

In general, sports injuries are classified into 3 types, as stated ( Andun Sudijandoko 2000 ), namely: (1) Level 1 injury (minor injury) in this injury the patient does not experience serious complaints, but it can interfere with the athlete's appearance, for example: abrasions, bruises, light sprain. (2) A level 2 injury (moderate injury) is a more significant degree of tissue damage, affects the athlete's performance, complaints can be in the form of pain, swelling, dysfunction (signs of implantation), for example: bruising, muscle and tendon strain, and ligament tear ( sprain grade II). (3) Grade 3 injury (serious injury) in this level of injury athletes need intensive care, complete rest and may need surgery, there is a complete or almost complete tear of the ligament (gradeIII and IV sprain / fracture sprain) or bone fracture. In carrying out the treatment and handling of sports injuries, we must first know the form of the injury and what to do. Is there any form of injury such as bleeding, fracture, bruising and so on so that we can treat it appropriately.

## Discussion

The benefits that can be taken from the training " Learning Management and Handling of Child Injury for JSIT Sports Teachers in Bengkulu Region" are as follows: Sports teachers in the JSIT Bengkulu region can know and understand good learning management and know how to handle injuries in the Bengkulu region. protege. And the JSIT sports teacher in Bengkulu region was very motivated to learn about handling injuries in children. The participants seemed enthusiastic to try the practice right away. The purpose of this activity is memberikan knowledge for physical education teachers JSIT Bengkulu region of the important role that must be carried by a teacher is:

- a. Internal roles which include:
  - Become a strong and independent teacher
  - Become a dynamic and creative teacher
  - Become a specialist teacher and have a global perspective
- b. External roles in the form of:
  - Productive Teacher
  - Team work
  - Pioneer of change
  - Social personality

As well as providing training in handling injuries to students by providing material and direct practice on handling injuries to students with the object of the JSIT Bengkulu Region teacher participants. To achieve learning objectives and improve student learning outcomes, teachers are required to always improve learning management in schools. Learning management includes learning planning, learning implementation and learning evaluation. While student learning outcomes are influenced by internal factors and external factors. Internal factors, from within the students themselves are in the form of their ability to learn such as intelligence, health, talents, persistence.

And external factors such as family, teachers, the quality of teaching regarding the teaching and learning process or learning management, infrastructure, discipline, and the learning environment. In the teaching and learning process, the most important thing for teachers to pay attention to is learning management. If a teacher is guided by effective and efficient teaching, automatically what is displayed by the teacher will receive an assessment from the students. The ability of a teacher to continuously build positive perceptions of himself will make a meaningful contribution to the teaching and learning process

The results of this service activity , cannot be separated from the driving and inhibiting factors .

1. Inhibiting factors were limited places for socialization and limited participants because they were obliged to comply with health protocols. This can be overcome thanks to good cooperation between all parties involved in this service, namely between the school and the Community Service team itself.

2. The driving factor, namely the high enthusiasm of the sports teacher, can be seen from the presence of participants from outside the region.
3. Evaluation in this activity that with the implementation of this community service, it is a form of activity that supports the knowledge of JSIT sports teachers on the role of teachers in learning in order to improve the quality of educators, especially JSIT sports teachers in Bengkulu region .

Smooth implementation of service activities is not without unhindered. During devotion, there are some things that are identified as a factor inhibiting activity such devotion is still less knowledge of the role of the teacher in the instructional management, so that learning is not maximalize well.

Participants in this Community Service are the JSIT sports teacher in the Bengkulu region, and the service team directly observes, studies the situation and condition of the target object and sees several factors that support and hinder the activity, so that it can be a good evaluation later .

## Conclusion

Based on the results of the activities and evaluation analysis, it can be concluded that JSIT sports teachers get learning and knowledge in implementing learning management appropriately and can provide techniques for handling injuries to children in sports subjects. Suggestion It is necessary to hold further community service with different materials so that sports teachers are more motivated in practicing their teaching skills so that the teachers will later make a good contribution to their respective schools.

## References

1. Andun Sudijandoko. 2000. Treatment and Prevention of Injuries. Jakarta: Depdikbud
2. Hardianto Wibowo. 2007. Prevention and Management of Sports Injuries. Jakarta: Medical Book Publisher
3. Made Pidarta, Indonesian Education Management (Jakarta: Rineka Cipta, 2004) p. 7
4. Muchtamadji. (2004). Safety Education: Concepts and Applications. Jakarta: Depdiknas
5. Nana Syaodih Sukmadinata. Curriculum Development: Theory and Practice. (Bandung: PT: Youth Rosdakarya. 2002).
6. Ricky W. Griffin, Management, trans. Gina Gania; editor Wisnu Candra Kristiaji (Jakarta: Erlangga, 2004) h. 7
7. Sufyarma, Kapita Selekt Management Education (Bandung: CV. Alfabeta, 2004), pp. 188-189.
8. Syafaruddin, Management of Islamic Education Institutions (Jakarta: Ciputat Press, 2005) p. 41
9. Syaiful Sagala. Concept and Meaning of Learning, (Cet. VIII; Bandung: Alfabeta, 2010), p. 143.