

“KEMBALI BANGUN SETELAH TERJATUH”
(STUDI FENOMENOLOGIS PENGALAMAN PEMBALAP
MENGHADAPI TRAUMA PASCACEDERA BERAT)

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Abstrak

Balap motor adalah olahraga otomotif yang menggunakan sepeda motor. Setiap cabang olahraga memiliki kemungkinan cedera, termasuk balap motor. Cedera berat yang dialami pembalap dapat menimbulkan beberapa dampak, salah satunya adalah trauma. Tujuan penelitian ini adalah untuk mengetahui pengalaman pembalap menghadapi trauma setelah mengalami cedera berat. Partisipan yang terlibat penelitian ini berjumlah tiga orang yang dipilih melalui teknik *purposive* dan *snowball* dengan karakteristik: (1) Pembalap profesional yang pernah mengalami cedera berat, misalnya patah tulang atau robek otot; (2) Berusia 16-40 tahun saat mengalami cedera berat; (3) Masih aktif berlaga di kejuaraan balap motor; dan (4) Bersedia menjadi partisipan penelitian. Metode dalam penelitian ini metode kualitatif fenomenologis deskriptif. Pengumpulan data dengan wawancara semi terstruktur dengan menggunakan panduan wawancara. Hasil wawancara dianalisis menggunakan metode analisis deskriptif ala Giorgi. Berdasarkan pengalaman partisipan, ditemukan empat sintesis tema, yaitu: (1) Respon terhadap kondisi cedera; (2) Penyesuaian setelah cedera; (3) Penerimaan dukungan sosial; dan (4) Tuntutan untuk segera bangkit. Melalui penelitian ini, para partisipan mengungkapkan pengalaman mereka dalam menghadapi trauma pascacedera berat. Penelitian ini diharapkan dapat memberikan pengetahuan dan wawasan kepada para atlet mengenai cedera berat dan bagaimana menghadapi trauma setelah cedera tersebut, serta memperkaya referensi bagi bidang psikologi olahraga dan psikologi kesehatan.

Kata kunci: pembalap; cedera berat; trauma.

“BACK UP AFTER FALL”
(PHENOMENOLOGICAL STUDY OF RACERS' EXPERIENCES
FACING TRAUMA POST-SEVERE INJURY)

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Abstract

Motorcycle racing is an automotive sport that uses motorcycles. Every sport has the possibility of injury, including motorcycle racing. Serious injuries experienced by racers can cause several impacts, one of which is trauma. The purpose of this study was to determine the experience of racers facing trauma after suffering a severe injury. The participants in this study were three people who were selected through purposive and snowball techniques with the following characteristics: (1) Professional racers who had experienced serious injuries, such as broken bones or torn muscles; (2) Aged 16-40 years at the time of serious injury; (3) Still actively competing in motorcycle racing championships; and (4) Willing to be a research participant. The method in this research is descriptive phenomenological qualitative method. Collecting data with semi-structured interviews using an interview guide. The results of the interviews were analyzed using Giorgi's descriptive analysis method. Based on the participants' experiences, four synthesis themes were found, that is: (1) Response to injury conditions; (2) Adjustment after injury; (3) Acceptance of social support; and (4) Demands to get up immediately. Through this study, the participants shared their experiences in facing trauma post-severe injury. This research is expected to provide knowledge and insight to athletes regarding severe injuries and how to deal with trauma after the injury, as well as enriching references for the fields of sports psychology and health psychology.

Keywords: racer; severe injury; trauma.