

The Effect of Giving Sport Massage Treatment on Physical Fitness in Student Activity Units Football Players University of Sand Pengaraian

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ABSTRACT

Health is a state of physical, mental, spiritual, and social well-being that enables individuals to live productively socially and economically. In the context of sports, physical fitness is an important aspect that supports athlete performance. One method used to improve fitness and prevent injury is through sports massage therapy or sports massage. This therapy plays a role in facilitating circulation blood, accelerate muscle recovery, reduce nerve tension, and improve athlete flexibility and performance. Application of sports massage to Student Activity Unit (UKM) players Pasir Pengaraian University Football aims to improve the physical and mental condition of players, minimize the risk of injury, and restore the best abilities during the match. Thus, sports massage becomes an important intervention in the athlete's training program to achieve optimal performance on the field.

Keywords: Health; Fitness Physical; Sport Massage

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Article History:

Submitted: March, 2025
Revised: April, 2025
Accepted: May, 2025
Published: May, 2025

Authors' contribution:

A) Conception and design of the study;
B) Acquisition of data;
C) Analysis and interpretation of data;
D) Manuscript preparation;
E) Obtaining funding.

Cite this article:

Putra, D., Resdianto,., Prawibowo, & Indah, D. (2025). The Effect of Giving Sport Massage Treatment on Physical Fitness in Student Activity Units Football Players University of Sand Pengaraian. *Indonesian Journal of Sport Management*, Vol. 5(2), 370-378.
<https://doi.org/10.31949/ijism.v5i2.13724>

INTRODUCTION

Based on the Basic Law Number 36 of 2009 concerning Health, Article 34 paragraph (3) states that health is a state of health, both physically, mentally, spiritually and socially, which enables every person to live productively socially and economically. Every person has the right to health, which is a state of well-being. from body, soul and social which enables every person to live productively in a way social and economic.

Health also includes physical health, which is the physical, spiritual and social resilience that humans have as a gift from God for which we must be grateful. how to practice all his teachings. According to health and fitness experts, physical fitness is the ability and capability to carry out activities or work, increasing work capacity without experiencing excessive fatigue. Health and fitness also affect the physical and spiritual in sports, especially in the treatment of Sport Massage. This Sport Massage treatment is very



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important to know its role in all circles, especially for athletes including players. Sport massage is a preventive treatment that is important for maintaining health and fitness Ade Jubaedi (2011:61) Knowledge of Massage, especially Massage therapy, is very important for those who work in the field of sports and health, including coaches in sports clubs and sports training centers. Massage therapy is very important for athletes under his care, especially a player in an effort to improve and maintain their physical condition and achievements. Which has the benefit of "smoothing blood circulation, especially the push of venous or venous blood to the heart. This smooth blood circulation will then accelerate the process of removing the remains of combustion And distribution sari food to networks And Also Can reduce pain or relieve nervous tension and can even put the patient to sleep" Ade Jubaedi (2011:6). In the health sector, massage provides assistance for healing and recovery efforts for various types of injuries, chronic diseases, and functional disorders. and disorders of the body. Massage is an art of hand movements that aims to gain fitness, recover injuries, cure diseases, and support sports or work performance. The mechanical effect of this hand movement will create a sense of calm, relaxation, comfort, comfort and pleasure to be felt in the body (patient) for the recipient.

Massage can be given to everyone, men, women, old, young, adults, teenager, and children, it can even be felt in pet. The uniqueness of massage lies in its ability as a tool to establish wordless communication between the giver and the recipient. especially for a masseur and the players of the Lampung University Football UKM as a manifestation of the players' abilities on the field which aims to improve the performance of the players and quality of training on the field and can restore his best abilities on the field and off the field. Therefore that is due to the influence of giving massage in order to improve the condition of the players and to restore the players' best abilities on the field and show the quality of the players on the field.

Sports Massage with the touch of hands that are smooth, soft and sometimes strong and steady, a masseur can create a feeling of joy and happiness as well as sympathy for the recipient (patient) towards a masseur. Therefore, if you get a good and correct massage, someone sometimes can be in a happy mental and physical situation, safe. Sense happy, and flavor comfortable this is what Can cause reducing complaints of people who experience mental stress, or sufferers who experience injuries or illnesses. Especially in UKM Football players of Pasir Pengaraian University.

Sport Massage is a massage treatment that treats the physical, physiological and psychological aspects of athletes and players. It can be used before or after sports activities. If used before sports activities it will greatly assist in lengthening and loosening soft tissues. Massage refers to the systematic manipulation of the body's soft tissues for therapeutic purposes and to improve blood circulation. Sports massage is the science and art of applying massage and related techniques to maintain the health of players and to enhance athletic performance. Patricia J. Benjamin, PhD Scott P. Lamp, LMT (in arief setiawan 2016). Says a physi-court cian to the Roman Emperor Mark Aurelius, wrote that The purpose of massage is to soften the body before Calvert's exercise (in Arief Setiawan 2016).

Massage was also used for gladiators (fighters in ancient Roman times) for training and fighting, to relieve pain and serve as a revitalization modality Calvert (in Arif Setiawan 2016). In India, where wrestling has always been a popular sport, massage has been used as a healing modality for wrestlers since ancient times. ancient. When ordinary people requiring maintenance their massage is often called a specialist in touch therapy; the

massage therapists often practice wrestler Calvert (in arif setiawan 2016). Sport Massage is still used today in the split world especially among athletes And world Health. Massage itself is a form of manipulation / technique of kneading or simple massaging which was first discovered by humans to relieve pain and produce a better effect. good/healing with method to stroke/to rub slowly And fine in a way spontaneously on around painful part. Very related with Sport Massage.

The role of Sport Massage is very good to do before doing a warm-up. So that players can grow a sense of comfort in field during the match and in a fresh and fit condition and aims to improve player performance and show their quality on the field warm-up in general. Usually it can be started by walking, jogging, gymnastics, or can also be modified in the form of games with sufficient intensity because the purpose of warming up is to increase the heart rate slowly, so that there is enough time to fill the working muscles with blood rich in oxygen. If without warming up, the risk of sprains will be greater. If there is less warming up, it can also cause the risk of muscle cramps during learning. It needs to be explained again that these UKM Soccer players need to be given special Sport Massage treatment in order to be able to apply and improve the mood of the players / conditions of the players so that in the future they can minimize injuries and prevent before getting injured when doing training on the Soccer field. This Sport Massage treatment can improve the physical fitness of the players before doing warm-ups which in the future can be motivated to be more active in undergoing training on the field to avoid from the risk of injury to while playing the game especially in the ACL and ankle sections foot part This is because serious injuries often occur which can cause discomfort for football players when carrying out activities outside the field such as walking, swimming or something.

METHOD

According to Arikunto (2010:9), experimental research is a way to find a causal relationship between two factors that are deliberately created by researchers by eliminating or reducing other factors that interfere with the experiment. Experiments are carried out to see the effects of a treatment.

The research method in this study is to use the experimental research method. Which in fact (true-experimental design). This research use non-equivalent control group design. This design uses 2 groups, namely the control class and the experimental class. The experimental class is the group that receives The treatment is in the form of implementing Sport Massage while the control class is the control group, namely the class that does not receive treatment. In this design, the experimental group nor the control group selected randomly. Experiment done For see the consequences of something treatment. Method study In this study, the actual research experimental method (true-experimental design) was used.

RESULTS AND DISCUSSION

In this chapter, the results of measuring the Impact of Providing Sport Massage on Football Players of the Tambusai SSB Club will be discussed and presented. For more details, each data in describe as follows:

Questionnaire Giving Sport Massage with Grid Question Positive

From data collection conducted on 10 samples in 24 question, the average (mean) obtained is 40.90, the standard deviation (standard deviation) 2.73. For more details data Sports Massage with grid question positive from 10 sample people from 12 questions can be seen in the following table:

Table 1. Distribution Frequency Questionnaire Giving Sport Massage with Grid Question Positive.

No	Interval Class	Category	Frequency Absolute	Relative Frequency (%)
1	> 45	Very Positive	1	10
2	45 – 45	Positive	0	0
3	40 – 42	Moderate	6	60
4	37 – 39	Negative	3	30
5	< 37	Very Negative	0	0
Total			10	100

Source: Results Exercise Data Month March 2025

The data from the table above shows that the Sport Massage Provision Questionnaire with Positive Question Grids varies greatly. Based on the distribution table above, the researcher then describes the data in graphic form as follows:

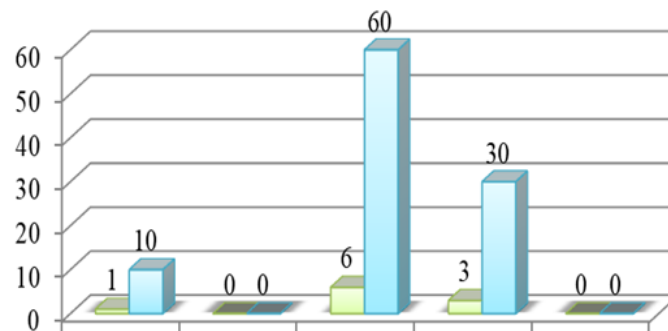


Figure 1. Diagram Results Questionnaire Giving Sport Massage with Question Grid Positive.

Based on the table and image above, it can be seen that the frequency distribution of the 10 samples answered 12 questions positively, which were in the very positive category, namely 1 people (10%). Then No There is sample which has category positive (0%). Furthermore, those in the moderate category were 6 people (60%). Then who have a negative category, namely 3 people (30%). Furthermore, no one has very negative category (0%).

Questionnaire Giving Sport Massage with Grid Question Negative

From data collection conducted on 10 samples in 24 question, the average (mean) obtained is 31.70, the standard deviation (standard deviation) 1.57. For more details, the data on the provision of Sport Massage with negative questions from 10 sample people of the 12 questions can be seen in the following table:

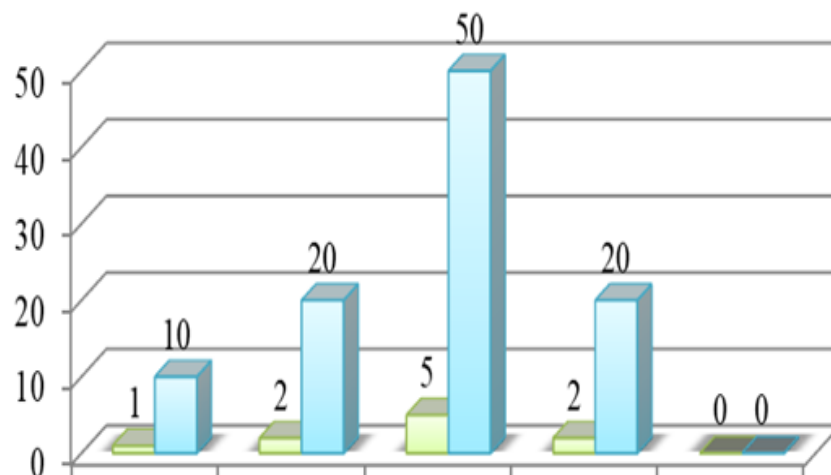
Table 2. Distribution Frequency Questionnaire Giving Sport Massage with Grid Question Negative.

No	Class Interval	Category	Frequency Absolute	Frequency Relative (%)
1	> 34	Very Positive	1	10

2	33 - 34	Positive	2	20
3	31 - 32	Moderate	5	50
4	29 - 30	Negative	2	20
5	< 29	Very Negative	0	0
Total			10	100

Source: Results Exercise Data March 2025

The data from the table above shows that the Sport Massage Provision Questionnaire with Negative Question Grids varies greatly. Based on the distribution table above, the researcher then describes the data in graphic form as follows:



Picture 2. Diagram Results Questionnaire Giving Sport Massage with Question Grid Negative

Based on the table and image above, it can be seen that the frequency distribution of the 10 samples answered 12 negative questions, which were in the very positive category, namely 1 people (10%). Then Which own category positive, namely as much as 2 people (20%). Furthermore, those who have a moderate category are 5 people (50%). Then those who have a negative category are 2 people (20%). Furthermore No There is which has very negative category (0%).

Discussion

Athletes give massages to football athletes of the Tambusai SSB Club. The athletes said that after the massage, their bodies felt better and lighter. The most noticeable points during the massage were the legs and back. In increasing the athletes' self-confidence after and before the match, the athletes felt more enthusiastic and confident and their body condition became better. The athletes' hopes for massage in the future are that the athletes will have experts in the Tambusai SSB Club who are useful for maintaining body stability and re-energizing the muscles, because in every activity, they do not know whether they will be injured or not. In this way, athletes will be more confident and better able to prepare themselves when competing.

An athlete must maintain his/her self-confidence at an optimal point. An athlete must view his/her abilities rationally. An athlete who has optimal self-confidence is usually able to handle difficult situations with Good. They will develop attitude Which rational, Want to Work hard, make adequate preparations and also have many alternatives to solve the difficulties that arise (Dosil, 2016). Self-confidence is often interpreted as top view personal ability related to a specific goal. Another definition, self-confidence is the belief or level of

certainty that a person has about his or her ability to be successful in sports (Wann, 2017). This means that there is an element of belief in one's own abilities that intersects with conditions real match or goal to be achieved.

The athlete who feel not self-confident, or often called diffident, is due to his lack of confidence in his abilities. The athlete perceives himself too low, so that his optimal abilities are not visible. The athlete underestimates himself, for cases like this, a small mistake will cause disaster, because it will confirm the perception of his inability. A case that is no less detrimental is when an athlete has excessive self-confidence or overconfidence. In other words, the athlete has excessive confidence in his real abilities (Wann, 2017). This overconfidence is no less dangerous than a lack of taste believe himself. As a result of his belief who does not in accordance with condition real, The athlete will tend to reduce or even be lazy about training. The effect is a decrease in performance during the competition. Athletes with This excessive self-confidence usually never imagines defeat, so when you have to accept defeat, what arises is excessive frustration.

Giving massage to the entire body or certain body parts will improve system body work And Also trust athlete self. One of example is the provision of massage on the lower extremities of soccer players after doing physical activity or training. Providing massage to Soccer Athletes after training will provide the effect of facilitating the absorption process of combustion residues in muscle tissue that can cause fatigue so that it is good for helping to speed up the recovery process. According to Johnson (2017) providing massage will facilitate blood flow, relax muscles, and stimulate the body's work system, so that muscle tension will be reduced and muscles will return to normal.

Massage after exercise or physical activity is given after cooling down and stretching. This aims to reduce muscle tension and increase excretion. metabolic waste Which happen after exercise. Besides That done too efforts to reduce post-exercise pain that occurs immediately or sometime after physical work, look after range joints and increase blood and lymph circulation in tense muscles (Arovah, 2015). The benefits of massage after exercise can help speed up muscle recovery to return to a relaxed and resting state. Massage in this condition increases venous return so that it can improve the cleaning process metabolic waste.

The Great (2014) state that massage on body Also In addition to eliminating aches and pains, it also stimulates the body to release endorphins. Irsyhma (2014) stated that the hormone endorphin is a chemical substance like morphine that is produced by the body itself. Endorphins have the effect of reducing pain and triggering feelings of pleasure, calm, or happy. So when given the treatment of sports massage manipulation, the body will release endorphin hormones. Mulyana (2016) state that the role of sports massage is that when manipulation is given, it has the effect of widening the blood vessels so that blood will flow more smoothly, joints will be less stiff after exercise, muscles will be less sore tense due to the effects of massage manipulation. So that blood flow is smooth and pulse the more fast normal return.

Can be concluded with giving massage on athletes can provide athlete's confidence before and after the match. Athletes feel comfortable with their bodies. very comfortable when given a sports massage in a prone position after exercise. The massage will smooth blood flow, relax muscles, and stimulate the body's work system, so that body tension will be reduced, the work of organs will return to normal, and muscles will return to normal. In addition, the massage action given successfully increased functional activity with the interpretation of athletes, decreased self-confidence in athletes is caused by pain,

decreased range of motion of joints, and decreased muscle strength. Therefore, with the success of reducing the degree of pain, increasing the range of motion of joints, and increasing muscle strength, functional activity can also increase. So the provision of massage that researchers have done can make believe athlete self-improvement and feel more excellent And passion to do match.

Based on the research results, the statistical analysis results obtained r count 0.876 > r table 0.632 at significance level $\alpha = 0.05$, as a result H_0 rejected (H_a accepted). This means that there is an Impact of Sport Massage Analysis on Football Players of the Tambusai SSB Club at a significant level of $\alpha = 0.05$. This means that the hypothesis is accepted.

CONCLUSION

Based on the results of data analysis, description, testing of research results, and discussion, the following conclusions can be drawn: 1) There is influence sport massage to fitness physical player UKM Pasir Pengaraian University Football; 2) Sports Massage more effective to changing conditions player than conventional warm-up of UKM Football players of Pasir Pengaraian University.

Based on the conclusions above, the researcher can provide the following suggestions: 1) For coaches: With this research, it can be seen that providing massage to athletes can increase athlete self-confidence so that providing massage before and after a match can be one of the models that can be used by coaches to improve the psychological aspects of athletes, especially self-confidence; 2) For Athletes: Giving massage increases athlete's self-confidence. Self-confidence is one of the psychological aspects needed by athletes. Because athletes who do not have self-confidence will certainly not be able to show their best performance when playing a match. In this case, athletes need to train themselves in order to improve flavor believe in yourself, so that massage regularly is a training model that is suitable for athletes to be able to perform their best on the field if they have sufficient self-confidence and are in accordance with their abilities; 3) For future researchers: To be able to conduct research considerations using other subjects, both in quantity and level. player quality.

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