

Sports Massage Understanding Survey on Students Sports Coaching Study Program at Muhammadiyah University of Bone

M. Faturahman*, Andi Ogo Darminto, Maria Herlinda Dos Santos
Sports Coaching Education Study Program
Muhammadiyah University of Bone
*faturjr74@gmail.com

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Abstract: This research is a quantitative research that aims to determine the level of understanding of student learning in the Super Massage course in the Sports Coaching Education Study Program using a questionnaire distribution instrument to 45 respondents from batch 1 and 2 students. Data Collection Techniques by distributing questionnaires (google Forms). The collected data is then processed in a quantitative descriptive way using the Likert method. From the existing research, it was found that from 45 respondents it turned out that there was 1 respondent 2.22% included in the very good category, 10 respondents 22.22% in the good category, 20 respondents 44.44% in the category quite good, 11 respondents 24.44% of respondents were in the unfavorable category and 3 respondents were in the unfavorable category. So it was concluded that each respondent occupied each category but the respondents were more dominant in the fairly good category.

Keywords: Sports massage, Students, Understanding.

INTRODUCTION

The first time massage was discovered by humans on this earth as one of the simple activities of gently stroking the part that hurts, for example the forehead and other limbs that feel hot. This is done as a start or direct movement to get a better effect (Rachman, 2018).

For sure no one knows when and where massage was first discovered. However, in its development, experts have argued that massage techniques have spread and developed in China, India, Egypt, to become a high culture.

Massage is one of the first simple manipulations discovered by humans to treat pain. Almost every day humans do their own massage. Since 3000 BC, massage has been used as therapy. In the Middle East region, massage is one of the oldest treatments carried out by humans. Islamic point of view from HR Al-Bukhari and Muslim. Aisyah Radhiyallahu'Anha said, "That when Rasulullah SAW felt sick, he read Al-Mu'awwidzatain for himself, then rubbed it on his body with his hands." It is about a massage to cure pain (Kurniawan & Kurniawan, 2021).

The first time massage related to sports activities was in Greece. At that time massage was used as a method that was very important for the restoration of

health in athletes or athletes (Purnomo, 2015). In ancient Greece, sports massage activities were carried out in a sports hall (gymnasium). Sport at that time had an important role in politics, culture, and religion. Sports in that era were very popular. Athletes train hard to become champions. To win the title they did many ways to overcome the problem of body fatigue and stress. One of the ways to deal with stress is by means of massage, the masseuse at that time was called aliptes. To perform massage manipulation on athletes, they do massage before and after competing (Kurniawan & Kurniawan, 2021)

Massage is used by humans not only to maintain a healthy body, but as one way to treat a disease. As in China (3000 BC) massage is used with the main objective to activate blood circulation and hormones in the body as a sedative, nerve stimulant and as a treatment for certain diseases (Rachman, 2018).

In the modern era, massage has been studied in the field of medicine, the modern era began in the early 19th century and has spread to European countries, Sweden, France, England, the Netherlands, Germany and the Soviet Union. Most of these countries apply the science of massage to treat sick people and people who are injured. If in the field of sports, massage is used to overcome fatigue, restore muscles that are not in place. People in many European countries use Swedish massage which was developed by Doctor Gustaf Zender (1855-1920) and the massage technique was improved again by his students so that it quickly spread throughout the world (Kurniawan & Kurniawan, 2021).

In Indonesia, massage is known as massage or massage. The massage consists of gentle finger massages. How to massage or massage does not have a theoretical basis, so that massage or massage is not categorized as massage. Massage means massage or massage and this Swedish massage is indeed somewhat different from that found in the East, prioritizing physical and mental fitness. This method has been widely applied in orphanages in our country. Many massages from various theories or various countries with their own methods and ways. The book will use the Swedish massage system. This Swedish massage system is one of the various massage systems that exist in various countries today. Regarding whether or not a massage system is good or bad is determined by the successful implementation of the massage. So after mastering the theory then put it into practice. As far as the theory can be put into practice and can achieve its goals, then it can be said that the theory of the system is good (Samsudin, 2019).

In our country there are still rare massage training programs based on supporting sciences such as Anatomy, Physiology and other supporting sciences. As a result, every massage performed by masseuse who is less educated does not use the right method and only uses their own method.

Regarding the question of when scientific massage entered the archipelago,

the exact time cannot be explained. However, since the Center for the Rehabilitation of Disabled Persons and the Orthopedic and Prothese Institute in Surakarta, they have been providing Massage courses in 1955, namely by bringing in experts from West Germany. Starting from there scientific massage spread more evenly. In particular, the Swedish massage system that has been perfected by this person has been introduced by many experts (Kurniawan & Kurniawan, 2021).

In the Faculty of Teaching and Education, Muhammadiyah University of Bone there are 8 study programs engaged in the field of Education One of which is the Sports Coaching Education Study Program. "The Sports Coaching Education Study Program has been established since the beginning of 2018 with the issuance of the Sports Coaching Education Study Program Decree in April and learning for the first batch begins in June," said Mr. Khalid Rijaluddin as head of the Sports Coaching Education Study Program when interviewed by one of the students. The Sports Coaching Education Study Program is expected to be able to produce professional educators, especially in the field of sports in order to meet the needs of educators engaged in sports in Bone Regency in particular. In the process of realizing this, education and sports science courses are applied. One of them that is closely related to sports science is the sports massage course which is a compulsory subject for all sports coaching education students. Sport massage is one of the compulsory subjects in semester 5 and must be followed by all Sports Coaching Education students before they graduate. But in practice there are still many students who do not understand this material. This was revealed when the researcher was involved in a dialogue with several sports coaching students who had taken this course, the findings in the field found that there were still many students who did not know the basic techniques of massage and its uses.

Besides that, sports massage can be seen as a science that can equip students in the future in aspects of improving life skills in society. Thus the alumni of the Sports Coaching Education Study Program are not only focused on the formal sector, such as ASN. But, they can also live independently by opening a clinic as a masseur or opening new business opportunities.

However, when viewed from the number of students available, very few are motivated to learn or are interested in adding to the knowledge about sports massage they have acquired. Based on previous research observations, the impression was that there were still many students who had not achieved the goals of sports massage lectures as stated in the sports massage lecture lesson plans as follows: (a) mastering concepts, (b) principles, (c) norms, (d) methods, (e) and massage practices and being able to apply this knowledge in society.

From these factors the researcher was interested in conducting a study

regarding the level of student understanding of the sports massage course in the Sports Coaching Education Study program. This research is important to do in order to improve the lecture process and improve the quality of learning outcomes in the future so that students are able to apply the skills they have in society.

RESEARCH METHODS

This research is included in quantitative research using a descriptive approach which aims to determine the level of understanding of students of the Sports Coaching Study Program towards sports massage courses. Sugiyono (2013) stated that quantitative research is research on a certain population or sample, collecting data using certain instruments, analyzing data that is statistical, with the aim of testing the hypotheses that have been set.

The results of the questionnaire are compiled and processed descriptively through percentages.

RESEARCH RESULTS

Before the data is processed with a predetermined formula, the data collected from the research samples/respondents is first verified. This needs to be done so that data that does not meet the requirements cannot be processed. With fairly tight control of the sample/respondents, all data in this study can be processed using descriptive analysis techniques.

To answer the question how do students understand sports massage courses, it is necessary to refer to Table 1.

Table 1. Percentage of understanding results

Intervals	Frequency	Percentage (%)	Category
>221	1	2,22%	Very good
176-220	10	22,22%	Good
131-175	20	44,44%	Neutral
86-130	11	24,44%	Poor
41-87	3	6,67%	Very poor
	45	100%	

Based on the frequency distribution data in Table 1, the percentage of answers from 45 respondents, it turns out that 1 respondent (2.22%) is included in the very good category, 10 respondents (22.22%) are in the good category, 20 respondents (44.44%) in the medium category, 11 respondents (24.44%) were in

the bad category, and 3 respondents (6.67%) were in the very bad category. For more details can be seen in Figure 1.

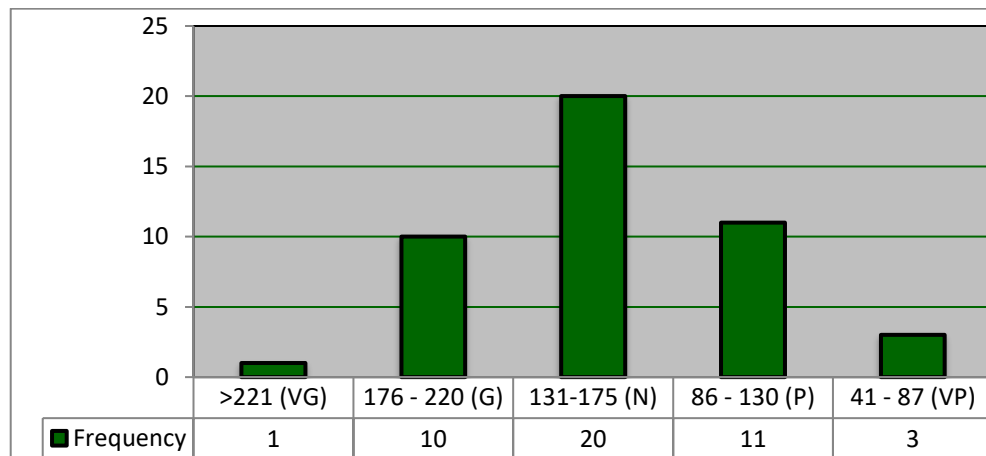


Figure 1. Student understanding level

DISCUSSION

From the description of the data, it shows that the understanding of sports coaching education students towards the sports massage subject at the Muhammadiyah University of Bone as a whole is good, moderate, and lacking.

For more details, from the results of data analysis, it can be described that the understanding of students majoring in sports coaching education towards sports massage courses where the answers from 45 respondents, it turns out that 1 respondent (2.22%) is included in the very good category, 10 respondents (22.22 %) in the good category, 20 respondents (44.44%) in the medium category, 11 respondents (24.44%) in the bad category, and 3 respondents (6.67%) in the very bad category.

Based on the analysis of the data, it can be seen that most of the level of understanding is in the percentage (44.44%), which means that it is moderate or in the poor category. Many factors influence this to occur, for example as cited by Wahyuningsih (2020), based on exposure to the background of the problem, several problems can be identified, namely: (1) the learning process does not allow students to understand the meaning of the lessons they are learning, (2) students are not fully involved to be able to find the material being studied and relate it to real life situations, (3) students do not understand what the subject matter they will learn in life. This causes the urge to acquire new knowledge to be lacking because there is no motivation that encourages students to learn.

Based on the description, it is clear that every student will have an understanding of the sports massage course in accordance with the material

provided. Students can have the same understanding or perspective as what is given to them.

When associated with the results of the data analysis above, it can be described as a whole the understanding of sports coaching education students towards the sports massage course from 45 respondents, it turns out that 1 respondent (2.22%) is in the very good category, 10 respondents (22.22%) good category, 20 respondents (44.44%) in quite good category, 11 respondents (24.44%) in less good category, and 3 respondents (6.67%) in bad category.

Based on the data collected from the very good and good categories, it is hoped that alumni and students of the sports coaching education study program who have or temporarily attended sports massage lectures are able to apply their skills so as to open new business opportunities independently, both in the world of sports and in the surrounding community.

As an example of a successful person in the world of sports massage, Fondy (2016) is now the founder of sport massage in Indonesia. He started his work as a sports teacher at SMPK 5 Penabur since 1996. Fondy has studied at Training of Massage, Universiteit Mainz Germany (Germany) in 1998, Program of Strength and Conditioning in Germany, to formally study at the POR Postgraduate Program, Universitas Negeri Jakarta (2009-2011). Tommy is now also imparting his knowledge and experience in the field of sports massage to current yoga practitioners and therapists.

CONCLUSION

In accordance with the formulation of the problem and the existing research objectives, the results of the description of the data and discussion can be drawn conclusions about the understanding of sports coaching education students in each category, out of 45 respondents it turns out that 1 respondent (2.22%) is included in the very good category , 10 respondents (22.22%) in the good category, 20 respondents (44.44%) in the fairly good category, 11 respondents (24.44%) in the bad category, and 3 respondents (6.67%)) in the very unfavorable category.

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