

Tarung Derajat (Satlat Masbagek) Athletes' Perceptions of the Use of Sports Massage Before Competing

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Abstract

There is a lack of understanding and knowledge among Tarung Derajat athletes regarding the benefits of sports massage before competing. The problem in this research is the perception of masbagek satlat Tarung Derajat athletes regarding the use of sports massage before competing. The aim of this research was to determine the perceptions of Masbagek combat athletes regarding the use of sports massage before competing. The population in this study were advanced Tarung Derajat athletes who actively trained at the Masbagek satlat, totaling 18 athletes. Sampling used a population method consisting of 18 athletes. The survey research method uses a questionnaire, while data analysis uses a percentage descriptive statistical analysis formula. The results of this research show that 22.2% of respondents achieved the very useful criteria because respondents used sports massage by understanding the physical and psychological effects before competing so that respondents assumed that using sports massage before competing was a need that must be met. Likewise, 22.2% of respondents thought that sports massage was useful before competing, even though respondents knew of its positive physical and psychological effects. And as many as 55.5% of respondents said that sports massage was not useful because the respondents did not really know about sports massage so that sports massage was sometimes done, sometimes not, and even if it was done, it was not ordered by someone who was competent in sports massage or used traditional massage. So, the use of sports massage before competing for high-level combat athletes is highly recommended.

Keywords: Perception of Tarung Derajat athletes & sports massage

INTRODUCTION

Sports activities in Indonesia continue to grow from year to year. All sports spread and is famous in various corners of the country, including the sport of fighting. *Tarung Derajat* is a martial art originating from Indonesia created by Achmad Dradjat. He developed self-defense techniques through his experience fighting on the streets in the 1960s in Bandung. This martial arts sport emphasizes the aggressiveness of attacking movements, such as punching and kicking techniques. Apart from basic fighting techniques, practical self-defense techniques are also taught which can be taught to the general public to protect themselves. Apart from that, martial arts combat sports are also competed at the national level or at national sports competitions. *Tarung Derajat*'s current achievements need to be further encourage in order to achieve more optimal results. Thus, the government's attention to

supporting infrastructure and the conditions of our athletes must increasingly improve and be in line with developments in sporting achievements both nationally and internationally. Combat athletes are required to have good physique because these athletes must be faster, stronger and more agile than their opponents[1]. Physical conditioning training is an element that plays a very important role in maintaining or increasing the degree of physical fitness. The degree of a person's physical fitness greatly determines his or her physical ability to carry out daily tasks.[2]. The rules of sports science are very necessary to be able to excel in the *Tarung Derajat* sport, one of which is physical condition.[3]. One of the important efforts in preparing and maintaining physical condition is massage.

Massage is a very important and valuable element when applied to training for

athletes with a stimulating effect on body functions and adjustments to training that becomes increasingly difficult over time. Also to restore the condition of a tired body after experiencing activities as quickly as possible to its original condition. Massage is very valuable for the body if done regularly and based on instructions from the masseur or doctor. Because massage can maintain health and improve body function, apart from that, massage also has a function in restoring and healing some damage to body tissue as a result of an accident during a match. Sports massage is manipulation using the hands, to stimulate, relax and reduce tension and fatigue in athletes and players who have carried out sports activities.[4]. With fitness massage, sports massage is very capable of helping to restore the condition of muscles and improve athletes' competitive performance. So that when they start training again, the athlete will be fit and have optimal performance and be psychologically ready[5]. This development includes various aspects, such as the discovery of techniques to support training and therapies to relax muscles so that they are more measurable and effective in efforts to improve the game, as well as preparation techniques before carrying out sports activities so as not to experience injury or fatigue.[6]. So it can be concluded that sports massage is a process of massaging the entire body with the aim of restoring or restoring body tissue to make it fitter or better after carrying out the training process.

Sports massage has the effect of relieving stress, increasing tissue elasticity, and eliminating lactic acid buildup[7]. The effect of sports massage on the circulation of blood, lymph, skin, muscles and nerves according to Bambang Wijanarko and Slamet Riyadi (2010: 41), is explained as follows: a) The effect of sports massage on the circulation of blood and lymph, b) The effect

of sports massage on the skin, c) the effect of sports massage on muscle tissue, and d) the effect of sports massage on innervation,(Ret. 2015). For athletes who often do high-intensity sports and lack rest time, sports massage can be used as a means to relax the body and get rid of fatigue after exercise, because with massage the muscles can be moved passively, massage can stimulate the nervous system which has an effect on relaxation. muscles as well as the constriction and dilation phases of blood vessels(Malinga, 2018). In the world of sports, sports massage is now seen as the most effective way to relax due to fatigue or tiredness after doing other physical activities. In essence, sports massage is able to reduce heart rate, maximize blood pressure, speed up blood and lymph flow, reduce muscle tension, expand the reach. joint movement and reduces pain[10].

The aim of this research is to determine the perceptions of *Tarung Derajat* athletes who take part in training at the Masbagek training unit located at SMK 1 Masbagek regarding the use of sports massage before competing. The benefits that can be taken are as information about recovery after physical activity and can be used as a reference for further research.

RESEARCH METHODS

According to Suharsimi Arikunto (2002), an instrument is a tool when research uses a method. The method used in this research is a descriptive quantitative method. The goal to be achieved in this research is trying to provide a feeling of comfort and freshness before competing so that athletes can show their maximum performance. The number of research subjects used in this research was 18 people. The instrument used by the author in this research was a questionnaire. A questionnaire or questionnaire is a number

of written questions that are used to obtain information from respondents in the sense of reports about their personality or things they know (Arikunto.S, 2002). According to M. Singarimbun (1995) the main objectives in making a questionnaire are: To obtain information that is relevant to the purpose of the survey and to obtain information with the highest possible reliability and validity. The questionnaire stated in this research is a closed questionnaire. It is closed, meaning that this questionnaire is prepared with limited, firm, concrete and complete questions, so that the sample is only asked to choose a yes or no answer. There are no questions that are considered right or wrong, the important thing is according to the experience and services obtained while being an athlete of *Tarung Derajat*. Based on the results of Reliability analysis obtained r-count of 0.982 > 0.631, so the instrument is said to be reliable. Data scoring is intended to assign a value to each sample answer sheet based on its value, namely the answer "yes" is given a score of 1 (one) and the answer "no" is given a score of 0 (zero). The data analysis method used in this research is percentage descriptive statistics. This is used to get an idea of the percentage of answers to the questions given, as well as the reasons. The percentage is calculated using the following formula;

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

Information:

%; Percentage of answers

n: Score obtained

N: Ideal score or maximum score [11].

Percentage criteria for athlete perception

No	Percentage Interval Class	Criteria
1	76% - 100%	Very useful
2	51% - 75%	Benefit
3	26% - 50%	Less Benefits
4	0% - 25%	Not useful

DISCUSSION

Analysis of the research results per item of the questionnaire regarding the perception of advanced *Tarung Derajat* athletes regarding the use of sports massage before competing in 2024 is as follows:

The overall results of the questionnaire research were analyzed using descriptive percentages as follows:

No	Criteria	Frequency	
		Sample	%
1	Very useful	4	22.2%
2	Benefit	4	22.2%
3	Less useful	10	55.6%
4	No benefit	0	-
	Amount	18	100%

From the overall research results, the perception of Masbagek satlat *Tarung Derajat* athletes regarding the use of sports massage before competing using descriptive analysis, the percentage obtained was 22.2% of respondents reaching the very useful criteria because respondents used sports massage by understanding the effects on the physical and physique before competing so that respondents assumed that the use of sports massage before competing is a need that must be met and cannot be avoided. Meanwhile, 22.2% of respondents reached the benefit criteria because respondents did

not really need to use sports massage before competing even though respondents knew of the positive effects on physical and psychological health, and 55.6% of respondents fell into the less benefit criteria. If you look at the results of the research above, it shows that there is a lack of understanding about sports massage, so that when competing, athletes are often not calm and not confident in their body's strength, thus influencing the results of the match. If it is related to the results of research conducted by Noer et al., (2023) that not only the public, athletes also have the perception that sports massage has many benefits, therefore athletes feel that sports massage is good for fitness and even for the recovery phase. As well as Hafizudin et al., (2018) that Sports Massage is the best way to restore an athlete's fitness, not just athletes, even people who do strenuous activities can be given a massage so that their

stamina recovers. given Sports Massage. Based on the opinion above, it can be concluded that with developments in the world of performance sports such as sports massage, it is necessary to consider those involved in the system to provide space for a masseur to carry out his duties during the competition process. So before competing, it would be better for high-level fighting athletes to be given a massage first to restore muscle tissue to make them feel fresh and fit again before competing.

CONCLUSION

Based on the results of research and discussion as described in the discussion above, it can be concluded that the perception of *Tarung Derajat* athletes towards the use of sports massage before competing in 2024 is 22.2% very useful, 22.2% useful and 55.6% less useful.

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