

Sports Therapist Training For Dikoni Coaches In Mataram City

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Article Info

Article history:

Accepted: 07 November 2025

Publish: 08 December 2025

Keywords:

Training,
Sports Skills,
For Coaches,
City KONI..

Abstract

In the world of sports, an athlete's success is not only determined by intensive training but also by proper physical recovery management. One aspect that is often overlooked yet very important is recovery through sports massage techniques. The main problem identified is the lack of specialized teams or skilled personnel serving as sports masseurs or sports therapy experts in most sports branches under KONI Kota Mataram. The goal of this training is to ensure that each sports branch under KONI Mataram has competent supporting personnel in the field of sports massage, namely sports therapists. The method used in this service is the expository method, which is a learning method delivered by first providing lectures that explain supporting materials such as injury massage, discussions, definitions, principles and concepts of the subject matter, as well as providing examples of practice exercises, demonstrations, questions, and assignments, as well as knowledge training both in theory and practice. The research results can be concluded to provide an understanding of the basic theory and practice of sports therapy in sports massage for the measurement team under KONI Mataram, preparing the measurement team, and improving athletes' recovery quality through skilled personnel in the field of sports massage.

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1. INTRODUCTION

In the world of sports, an athlete's success is determined not only by intensive training but also by proper physical recovery management. One often overlooked yet crucial aspect is recovery through sports massage techniques. Sports massage has been scientifically proven to help accelerate muscle recovery, reduce the risk of injury, and improve athletic performance in various sports. Ankle injuries are a common injury. During the FIFA World Cup, ankle injuries were the most common, accounting for 50% of all injuries (Walls et al., 2016).

Ankle injuries are a challenge for athletes, doctors, physiotherapists, and stakeholders involved in the world of football, considering that these injuries can affect player performance on the field (Manoel et al., 2020). Injury treatment involves various methods, including medical and non-medical treatment. Medical treatment includes sports rehabilitation therapy using alternative medicine and sports therapy as options for post-injury healing experienced by athletes, such as herbal therapy, sports massage, thermotherapy, cold therapy, hydrotherapy, manual therapy, yoga therapy, exercise therapy, and others (Graha in Sa'roni, 2019). Massage can improve problems in muscle joints, stretch the body, relieve tension, and relieve pain (Triyadini in Maulana, 2019).

At the Indonesian Sports Committee (KONI) in Mataram, athletes' performance across various sports continues to improve. However, significant challenges remain in supporting athlete recovery and fitness. The primary issue identified is the lack of a dedicated team or skilled personnel serving as sports masseurs or sports therapists in most sports. This absence results in a lack of optimal post-training or competition care for athletes. The absence of sports massage

personnel in sports under the auspices of KONI Mataram not only has the potential to hinder athlete performance but also increases the risk of ongoing injury. In the long term, this could negatively impact KONI Mataram's efforts to achieve superior achievements at the regional and national levels.

Sports and sports injury physiotherapy is a specialized branch of medicine that treats health problems related to sports activities. These injuries are different from those experienced in everyday activities. *Sports* massage, also known as sports massage, offers many benefits to athletes. It's often performed before, after, or during competition, and can even be used as part of rehabilitation. From elite athletes to recreational athletes, sports massage is a popular choice. Learn more about sports *massage*, benefits, and safety here. Providing massage manipulation is a combination of rubbing (*friction*) and rubbing (*effleurage*), which aims to improve blood circulation, stimulate muscle nerve fibers to relax, improve the blood circulation system and make it run smoothly, as well as reduce pain and speed up the regeneration process (Graha, 2012).

Darni (2008:i) explains that: Massage is a term in English which was then Indonesianized to *masase*. *Sport Massage*, quoted from *The Physician and Sports Medicine* (Samples, 2016) as widely practiced today, can encompass a wide range of manipulative techniques, such as Swedish massage, Shiatsu, and reflexology, the most widely and commonly used. The goal of sports massage is to help correct problems and imbalances in soft tissue, caused by repetitive trauma and heavy physical activity. Seeing this urgent need, this Sports Therapy Training is designed to provide a real solution. By presenting sports therapy training based on theory and practice, this activity aims to produce skilled personnel who are able to support the recovery needs of athletes professionally.

This training also serves as a strategic effort to improve the human resource capacity of sports at the Mataram City KONI, thereby creating a better support system for injured athletes. With this training, it is hoped that each sport under the Mataram KONI will have competent support staff in this field. *Sports massage* will not only improve the quality of athletes' recovery and fitness, but also strengthen Mataram KONI's commitment to creating a highly competitive and achievement-oriented sports ecosystem for Mataram City, leading to a championship-winning tradition.

2. RESEARCH METHODS

Community service is one of the components of the Tri Dharma of Higher Education, where socializing or providing new skills is one of the tasks that must be carried out. Therefore, on this occasion, it is the target for coaches at the KONI Mataram City to carry out community service, namely sports therapists who accompany athletes during training or matches. The material that will be delivered in this community service program is sports therapist training for coaches at KONI Mataram City. The target and goal of service for coaches under the auspices of KONI Mataram City are those appointed by the Chairperson of each Sports Branch. The long-term plan for the future of this training can be useful for the advancement of study programs and is expected to create sports therapists in the city of Mataram.

The method used is the expository method, namely a learning method that is given by giving an explanatory lecture first, conveying supporting materials for massage injuries, discussions, definitions, principles, and concepts of the subject matter, and providing examples of exercises, demonstrations, questions and answers, and assignments, as well as providing knowledge both theoretically and practically. The method of implementing the activity is by an instructor method from an academic who has qualifications in the field of sports health. Meanwhile, the material that will be provided in the implementation of community service consists of

1. conducting pre-tests, and providing basic material which includes: human anatomical and physiological structures, stages in training, and muscles that need to be strengthened to minimize injury.
2. Needs Analysis Study, providing practical material, namely scientific identification in handling sports injuries through sports therapy by means of sports massage and methods.

3. Implementation, namely integrated training in one place, which begins with the implementation of scientific sports therapy training. *Sport massage and methods rice*, in the next schedule, start practicing sports therapy by means of sport massage and methods rice.
4. Evaluation, namely assessment carried out in the form of written tests, oral tests, and practical sports tests. *sport massage and methods Rice*.
5. *Controlling*, namely a sustainable program in the form of controlling the results of activities that have been carried out for three months and implemented intensively.
6. *Pos-test*.



Figure 1. Sports training for coaches at KONI Mataram City

3. RESULTS AND DISCUSSION

The objectives of this activity are: to provide an understanding of the basic theory and practice of sports therapy. *Sports massage on the team* measures sports under KONI Mataram, prepares for each sport under KONI Mataram, and is ready to implement the techniques of sports *massage properly*, and improve the quality of athlete recovery through skilled personnel in the field of sports *massage*. The activity was carried out offline by the Mataram Mayor's Office when the activity started on September 5-7, 2025.

1.1. Research Results

The participants consisted of 55 coaches nominated by each sport. In the initial survey, nearly 70% of participants were unfamiliar with topics such as human anatomy and physiology, the stages of training, muscles that need to be strengthened to minimize injury, and first aid. The participants found the material presented by the speakers very engaging and were eager to contribute to the guidance provided. They generally believed that therapeutic sports training was necessary and applicable to athletes. This sports therapist training is expected to be the first step in developing the competency of the sports support team in Mataram.

Based on observations and implementation in the field and discussions with the trainers and the Mataram City Koni as a partner institution, the activity was interesting and very interesting to explore and participate in. The activity and the results pretest

Understanding of therapeutic sports training among participants showed that 80% were interested in the training and needed to be implemented by the athletes to improve their performance.

1.2. Discussion

There was an increase in knowledge, understanding, and skills in sports therapy for coaches, that massage is important, during training and matches, properly and correctly. The instrument used to determine the increase in knowledge and understanding of training participants was a test in the form of essays and practice. The test of skills in using various therapeutic massage methods on athletes before and after training. The results of this activity are expected to be beneficial for all parties. Especially for sports massage therapists at KONI Kota Mataram, regarding the importance of knowledge and skills in performing sports therapy by coaches in the form of massage therapy on athletes who experience injuries both during training and during matches properly and correctly, so that it can support the sports therapy training program for KONI Kota Mataram's champion tradition.

Massage injury is a massage or kneading technique that is carried out with the aim of restoring the body parts of a person who has been injured during sports (Hilmainur Syampurma, 2020). Bambang Wijanarko (2010) sports injury therapy massage only uses the following techniques, namely "scouring (*friction*) and rubbing (*effleurage*) using the thumb, and followed by pulling (*traction*) to return the joint to its position (*repositioning*). *Sports Massage* explained by Dr. Zeth Boroh, 2022 it is useful for treating pain and tension in the muscles. *Sports massage* is part of the therapy used for sports injuries. Therapists typically use several massage techniques for sports injuries, including *effleurage*, *petrissage*, *friction*, *vibration*, and *percussion*. In the world of sports, sports massage is massage that has been adapted for the needs of athletes and consists of two categories: maintenance (as part of training) and competition (before, during, and after a race), with specific characteristics according to the goals of the sport (Ministry of Youth and Sports of the Republic of Indonesia, 2010).

Based on the theories explained, providing/treating injury massage services is currently highly needed. Strenuous exercise and a lack of warm-up can lead to injury. This injury massage training has provided knowledge and skills to participants, enabling them to understand the science of massage injuries. Understanding the existing theories about injuries, their types, and their treatment methods will minimize errors. Furthermore, the training provides clear information on the appropriate times to provide massage services. This training has had a positive impact on all participants, including the creation of new jobs, increased income, and opportunities for participants to dedicate their knowledge to the field and the community.

4. CONCLUSIONS

The results obtained in carrying out this community service activity are that, seen from the level of participants' desire to participate, sports therapist training for coaches in Mataram. Participants are generally interested in participating for the reason of increasing knowledge and new skills in sports therapy. Many sports massage therapists, especially in Mataram City, have treated athletes who have experienced injuries from various sports, but not a few of them do not understand the knowledge they should master in treating injured athletes, especially regarding therapeutic massage. providing in-depth experience for coaches to know how to prevent sports injuries.

This community service activity went well and had benefits, namely increasing the knowledge and skills related to each sports coach, and this activity can be carried out again by providing mentoring related to the application in the learning process and training process, and this activity can be carried out periodically so that the participants gain more insight and knowledge of sports therapy training. Based on the results, it can be concluded that it provides an understanding of the theory and basic practices of sports therapy on the sports measure team under

KONI Mataram, preparing the measure team, and improving the quality of athlete recovery through skilled personnel in the field of sports *massage*.

5. ACKNOWLEDGMENTS

Thank you to the Dean of the Faculty of Physical Education, my wife Elis Sulistya, and my beloved campus, Mandalika University of Education, who have given permission to conduct this research, as well as to all those who are willing to help from beginning to end.

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