

Perception of Sports And Health Education Students At Pasir Pengaraian University On The Importance of Sport Massage

Melsa Arianti Nur Sapitri^{1A-E*}, Deri Putra^{2B-D}, Lolia Manurizal^{3B-D}

^{1,2,3,4} Universitas Pasir Pengaraian Riau, Riau, Indonesia

melsyasafitri003@gmail.com^{1*}, deriputra@upp.ac.id², liammanurizal@upp.ac.id³

ABSTRACT

This research was conducted because the researcher observed that interest in pursuing a career in the field of sports massage remains very low at the University of Pasir Pengaraian. The purpose of this study is to determine the perceptions of students in the Physical Education and Health Program at the University of Pasir Pengaraian regarding sports massage. This study employed a descriptive research method. The research was conducted on students from the 2023 and 2022 cohorts. The sample consisted of 37 students. Data was collected using a questionnaire on perceptions. The questionnaire was developed using a Likert scale with five response categories. The results of the study are as follows: (1) The perception of 2023 Physical Education students toward sport massage, based on responses from 19 students, showed that 6 respondents (32%) were in the "very good" category, 8 respondents (42%) in the "good" category, and 6 respondents (32%) in the "moderate" category. (2) The perception of 2022 Physical Education students toward sport massage, based on responses from 18 students, showed that 7 respondents (39%) were in the "very good" category, 9 respondents (50%) in the "good" category, and 2 respondents (11%) in the "moderate" category.

ARTICLE HISTORY

Received: 2025/07/15

Accepted: 2025/07/26

Published: 2025/10/08

KEYWORDS

Perception;
Sports Education;
Health;
Sports Massage;
Students.

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

Cites this Article : Sapitri, Melsa Arianti Nur; Putra, Deri; Manurizal, Lolia. (2025). Perception of Sports And Health Education Students At Pasir Pengaraian University On The Importance of Sport Massage. **Competitor: Jurnal Pendidikan Kepeleatihan Olahraga**. 17(3), p.2222-2230

INTRODUCTION

Massage in sports can create or help reduce fatigue and even reduce muscle tension, helping to improve and maintain physical fitness, which often prevents individuals from achieving optimal performance during competitive or recreational sports. Massage promotes relaxation, which can reduce muscle tension in response to stress. Furthermore, relaxation can help relieve anxiety, reduce muscle spasms, and alleviate pain (Mok & Woo, 2014). Studies show that massage can be used to help with issues such as anxiety, stress, pain, depression, and insomnia by reducing muscle tension. Richards et al. (2015), in a review of 22 studies on the effects of massage on relaxation, comfort, and sleep, found that the most well-known effect of massage is its ability to promote psychological relaxation and reduce anxiety and pain.

Massage has become a popular form of health therapy worldwide. Massage is a non-pharmacological treatment that has existed since ancient times. Massage therapy has been practiced since before Christ by the father of world medicine, Hippocrates (460-370 BC), with one of the first simple manipulations performed by humans as a treatment and body care (Anggait, 2022:11). Massage therapy techniques in the NICU were first studied in the 1980s. Massage is an ancient therapeutic technique first documented in Chinese medical literature over 4,000 years ago (Pados & McGlothen-Bell, 2019). Massage has been found to reduce pain, reduce the burden of chronic pain and the use of pain medication, improve anxiety and sleep, support emotional well-being, and contribute to stress relief (Munk et al., 2020).

Those engaged in sports massage are called masseurs, while women are called masseuses (Setiawan, 2015). Indeed, the profession of masseur and masseuse is not widely sought after. This is because the profession of masseur or masseuse is considered a masseuse, a term often associated with low status in Indonesian culture, making it unattractive. In addition to these factors, another factor discouraging people from pursuing this profession is the requirement for masseuses and masseurs to exert significant effort. Observations by researchers, students of Sports Education and Health at Pasir Pengaraian University, indicate that there is still very little interest in the profession of masseuses or masseurs in sports massage. This is evidenced by data obtained by researchers at Pasir Pengaraian University.

Based on observations made by researchers through interviews with Mr Deri Putra, a massage lecturer, the data obtained by researchers indicates that students of Sports Education and Health at Pasir Pengaraian University are less interested in sports massage. The hope is that after taking a sports massage course, students will be able to apply it to their lives and personal lives. However, this is the opposite of what was hoped for. This is certainly detrimental to the human resources (HR) of students involved in the world of sports, given the crucial role of sports massage in the world of sports, as explained above. Given that sports massage is a compulsory course in the sports and health education department, the researcher aimed to determine the perceptions and understanding of sports massage among students majoring in sports and health education.

Based on observations conducted on March 20, 2024, by researchers in the Sports and Health Education room at Pasir Pengaraian University, one of the study programs at Pasir Pengaraian University, Rambah Hilir District, Rokan Hulu Regency. In massage courses, particularly among fourth-semester students, a common problem is the lack of warm-up routines for each sporting activity, which can lead to muscle injuries. When muscle injuries occur, students often resort to traditional massage or use pain-relieving products such as balms or massage oils. This is due to a lack of understanding of sports massage, which can lead to fatigue and serious muscle injuries. Massage is also essential for muscle relaxation during recovery. This lack of interest among students is due to the perceived low status of massage, a profession often considered a masseuse. The term "massage" in Indonesian culture is considered a low-skilled profession, thus detracting from student interest in this field. Another factor contributing to student disinterest is the excessive energy required to perform the activity.

To address this issue, researchers examined the perceptions of sports and health education students at Pasir Pengaraian University regarding the importance of sports massage. Sports massage produces relaxation that can reduce muscle tension in response to stress. Furthermore, relaxation can help relieve anxiety, reduce muscle spasms, relieve pain and provide nerve relief.

METHODS

This research is classified as descriptive research, aiming to reveal the perceptions of students of the Department of Physical Education and Health at Pasir Pengaraian University regarding massage as it exists. Descriptive research is a research method that attempts to describe the object or subject being studied objectively and aims to systematically describe the facts, characteristics, and frequency of the object being studied accurately (Zellatifanny & Mudjiyanto, 2018). The findings of descriptive research are deep, broad, and detailed. This is because descriptive research is conducted not only on the problem but also on other variables related to the problem. Descriptive research is structured, systematic, and controlled because researchers begin with a clearly defined subject and conduct research on a population or sample of those subjects to describe it accurately.

A population is a general area consisting of objects or subjects with a certain quantity and characteristics determined by the researcher to be studied, and then conclusions drawn (Sugiyono, 2020:126). Meanwhile, Ferdinand (2014:171) states that a population is a combination of all elements in the form of events, things, or people with similar characteristics. The population in this study was all 108 students from the 2022 and 2023 intakes of the Sports and Health Education (PORKES) program at Pasir University (UPP) Pengaraian.

According to Suajarweni (2015:81), a sample is a subset of the characteristics of a population used for research. Furthermore, samples are drawn from a population that is truly representative and valid, meaning they can be used to measure what needs to be measured. According to Sugiono (2020:63), "A sample is a subset of the number and characteristics of a population." Arikunto (2021:134) suggests that a population of less than 100 is preferable, thus categorizing the research as a population study. Furthermore, if the population size exceeds one hundred, samples of 10%-15%, 20%-25%, 30%-35%, or more can be taken.

Based on the above definition, because the population size exceeds 100, namely 108 students, the researcher selected 35% of the population as the sample. So the sample is $108 \times 35\% = 37$ students. Furthermore, the sampling technique in this study is using random sampling or random sampling. In this study, the questionnaire used to collect data is a questionnaire about perception. The creation of the questionnaire begins with creating a grid, starting from variables, sub-variables and question items in the form of statements, namely regarding the message. The preparation of the questionnaire was carried out according to a Likert scale with five answer categories

(Ridwan & Tungka, 2024), namely: strongly agree (SA), agree (A), undecided (U), disagree (D) and strongly disagree (SD). The answers to the questionnaire are in the form of qualitative data, which are converted into quantitative form as follows:

Table 1.
Skala likert

No	Answers	Positive	Negative
1	Strongly Agree (SS)	5	1
2	Agree (S)	4	2
3	Undecided (RR)	3	3
4	Disagree (TS)	2	4
5	Strongly Disagree (STS)	1	5

The research data were obtained from the distribution of questionnaires. The results were compiled and processed descriptively through percentages using the following formula:

$$P = \frac{f}{n} \times 100 \%$$

RESULTS AND DISCUSSION

Result

Based on the descriptive analysis of research data on the perceptions of 37 students of sports and health education at Pasir Pengaraian University, consisting of 18 students entering in 2022 and 19 students entering in 2023, the data were collected by distributing questionnaires.

Table 2.
Descriptive Statistics

Mean	159.8667
Standard error	2.916356
Median	154.5
Mode	153
Standard Deviation	15.97354
Sample Variance	255.154
Kurtosis	3.748965
Skewness	1.622411
Range	76
Minimum	138
Maximum	215
Sum	4796
Count	37

Table 2.
Percentage results of Porkes students' perceptions in 2023 regarding sports massage

Class Interval	Frequency	Percentage	Category
188 - 195	6	32%	Excellent
179 - 187	8	42%	Good
171 - 178	5	26%	Moderate
163 - 170	0	0	Poor
155 - 162	0	0	Very Poor
Amount	19	100%	

Based on the frequency distribution data above, the percentage of answers from students entering 2023 with a total of 19 respondents, it turns out that 6 respondents (32%) are in the very good category, 8 respondents (42%) are in the good category, and 6 respondents (32%) are in the medium category. There are no respondents in the poor and very poor categories.

Table 3.

Percentage results of 2022 Porkes students' perceptions of sports massage.

Class Interval	Frequency	Percentage	Category
188 – 195	7	39%	Excellent
179 – 187	9	50%	Good
171 – 178	2	11%	Moderate
163 – 170	0	0	Poor
155 – 162	0	0	Very Poor
Amount	18	100	

Based on the frequency distribution data above, the percentage of answers from 18 respondents, it turns out that 7 respondents (39%) are included in the very good category, 9 respondents (50%) are in the good category, and 2 respondents (11%) are in the moderate category, there are no respondents included in the less or very less categories.

Discussion

The data description shows that the perceptions of Physical Education students regarding sports massage are generally good, moderate, and very good. The differences in the perceptions of Physical Education students regarding sports massage are evident in the differences in the average scores obtained. Further clarification from the data analysis can be explained as follows:

1. Perceptions of Sports Education Students in 2023 regarding sports massage. Of the 19 respondents, 6 (32%) were in the excellent category, 8 (42%) were in the good category, and 6 (32%) were in the moderate category.
2. Perceptions of Sports Education Students in 2022 regarding sports massage. Of the 18 respondents, 7 (39%) were in the excellent category, 9 (50%) were in the good category, and 2 (11%) were in the moderate category.

In general, students have a positive view of massage, especially for sports. Many students consider massage as an effective way to relax, reduce stress, and improve physical performance. However, the perception of sports massage techniques still needs to be improved. Following the above, Mulyadi (1989:234) explains that "Perception is formed and influenced by three factors, including: a) People who influence the perception; b) stimuli in the form of certain objects or events; c) the situation in which the formation of the perception occurs." Meanwhile, Mappiare in Siti Aisyah (1991:11) states three factors that influence perception, namely: (1) Vision factors, namely the intensity or attention and type of stimulating object, (2) Physiological factors, namely the function of the organs of perception such as the senses, nerves, certain cells in the brain, and (3) Psychological factors, namely those related to attitudes, feelings, emotions and the atmosphere in which the individual is located.

Factors that cause differences in perception, according to Oskom, as quoted by Fatrna Hidayat (1999), are:

1. The distinctive characteristics of a stimulus object consist of its value to the perceiver.
2. Personal factors include individual characteristics such as intelligence, interests, sincerity, and emotions that give rise to feelings of liking or disliking the object in question.
3. Group influence factors, meaning the responses of others, can guide compromising behavior.
4. Differences in background and culture.

Based on the description above, it is clear that each student will have an assessment (perception) of massage according to the characteristics they experience, because each student has different experiences, interests, intelligence, attention, and perspectives. Most of them believe that sports massage is a skill that can be learned from massage lectures and is very suitable for cultural elements because in massage, there are already SOPs that must be understood first before performing a massage, including: (1) male patients are treated by male masseurs, (2) female patients are treated by female masseuses (masseuses). In addition to gaining knowledge in lectures, massage can also be used as an opportunity to earn a promising income. Thus, respondents believe that it is necessary to study sports massage in depth to better master the techniques in sports massage so that one can become a professional massager.

These results are in line with previous similar research conducted by Susanto (2018), which stated that student perceptions of massage courses in the 2015 intake of the Physical Education Department, Faculty of Sport Science, Makassar State University are relatively high. This is because most of them assume that massage is a skill that can be learned in lectures, in line with the aspects to be achieved in the course.

Following the above (Adiguna, 2016), explains that a positive perception of sports massage stems from the previous introduction and treatment. A positive perception is defined as an experience of an object or event obtained after interpreting the message. Meanwhile, the interpretation criteria for a good perception are defined as after a person receives a stimulus that makes them feel comfortable, they then interpret the results of that stimulus (Rahmat, 2012).

After discovering that students' perceptions of the massage course were very positive, researchers were able to interpret and predict that the future implementation of the massage course would be even better. This was because if students had gained a good understanding of the course and developed a positive perception, they would certainly be better at implementing it.

Therefore, it can be understood from the discussion above that a sports massage course can assist sports and health education graduates who will eventually become sports teachers, which is certainly not far from the learning process. In this learning process, the massage course can be implemented according to needs and can also be used as an additional competency for sports teachers. Furthermore, a massage course

can provide sports and health education students with skills that can enable them to pursue part-time work or open new business opportunities.

CONCLUSION

Based on the data analysis carried out, it can be concluded that:

1. Perceptions of students entering 2023 with a total of 19 respondents, it turns out that 6 respondents (32%) are in the very good category, 8 respondents (42%) are in the good category, and 6 respondents (32%) are in the medium category. There are no respondents in the poor and very poor categories.
2. Meanwhile, the perception of students entering the 2023 year from 18 respondents, it turns out that 7 respondents (39%) are in the very good category, 9 respondents (50%) are in the good category, and 2 respondents (11%) are in the medium category. There are no respondents in the poor and very poor categories.

REFERENCES

- Arovah, N. I. (2009). *Diagnosis dan Manajemen Cedera Olahraga*. FIK UNY.
- Alameddine, M. B., Englesbe, M. J., & Waits, S. A. (2018). A video-based coaching intervention to improve surgical skill in fourth-year medical students. *Journal of Surgical Education*, 75, 1475–1479.
- Alhadi, Z. F. (2020). Pengaruh Sport Massage Dan Masase Kebugaran Pasca Aktivitas Fisik Terhadap Perubahan Pasca Aktivitas Fisik Terhadap Perubahan.
- Bakhtiar, S. (2021). Jurnal Patrio Perbedaan Karakteristik Kemampuan Koordinasi Gerak Berdasarkan Usia dan Jenis Kelamin Siswa di Sekolah Dasar Negeri Kecamatan Air Hangat Barat. *Journal Patriot*, 3(March), 71–81. <https://doi.org/10.24036/patriot.v>
- Binkley, H., Standley, R., & Miller, M. (2010). Massage's Effect on Injury, Recovery, and Performance: A Review of Techniques and Treatment Parameters. *National Strength and Conditioning Association*, 32(2), 64–67.
- Body Best. (2022). Effleurage Massage Technique. Body Best. <https://bodybest.com/blogs/article/effleurage-massage-therapy-gentle-touch>
- Brooks Carter Clinic. (2022). Advanced Remedial Massage. Brooks Carter Clinic. <https://www.brookscarterclinic.co.uk/advanced-remedial-massage/>
- Clinic, S.R.M.T.V.W. (2018). Tapotement Is A Useful Massage Therapy technique. Sunstone Massage. <https://sunstonemassage.com/massage/tapotement-is-a-useful-massage-therapy-technique>
- Darni. 2009. *Masase Olahraga Dasar Teori dan Manipulasi*. Wineka Media, Malang.
- Ferdinand, Augusty. 2014. *Metode Penelitian Manajemen*. BP Universitas Diponegoro. Semarang.
- Graha, A. S., & Priyonoadi, B. (2012). *Terapi Masase Frirage Penatalaksanaan Cedera Pada Anggota Gerak Tubuh Bagian Bawah*. Yogyakarta: Fakultas Ilmu Keolahragaan Universitas Negeri Yogyakarta, 1-109.

- Jayanti, F., & Arista, N. T. (2019). Persepsi Mahasiswa Terhadap Pelayanan Perpustakaan Universitas Trunojoyo Madura. *Competence : Journal of Management Studies*, 12(2), 205–223. <https://doi.org/10.21107/kompetensi.v12i2.4958>
- Manar, M. (2016). Persepsi Mahasiswa terhadap Anak Berkebutuhan Khusus di Sekolah Dasar Penyelenggara Pendidikan Inklusif (Survei di Jurusan Pendidikan Guru Sekolah Dasar Fakultas Ilmu Pendidikan Universitas Negeri Jakarta). 1–116. http://repository.unj.ac.id/1352/1/Skripsi_Mayas_Ari_Manar.pdf
- Mok, E., & Woo, C. P. (2014). The effects of slow-stroke back massage on anxiety and shoulder pain in elderly stroke patients. *Complementary Therapies in Nursing and Midwifery*.
- Mulcahy, J. (2018). What are the benefits of seaweed? *Medical News Today*. <https://www.leaf.tv/4479849/what-are-the-benefits-of-vibrational-massage/>
- Nanda, H. Y., Ardhi, I., Junaidi, S., Rizki, B., Anis, Z., & Anugrah, W. (2019). Cara Cepat Kuasai Massage Kebugaran Berbasis Aplikasi Android (D. P. Pamungkas (ed.); 1st ed.). CV. Kasih Inovasi Teknologi.
- Nasution, F., Darmansyah, I. M., Larasati, D. S., & Anggeria, E. (2022). Pengaruh Foot Massage terhadap Penurunan Tekanan Darah dan Stres Psikologis pada Keluarga Pasien Gagal Ginjal Kronik. *JUMANTIK (Jurnal Ilmiah Penelitian Kesehatan)*, 7(1), 37. <https://doi.org/10.30829/jumantik.v7i1.10881>
- Ningsih, Y. F., Wismanadi, H., & Siantoro, G. (2016). Pengaruh sport massage dan Terapi Bekam Terhadap Penurunan Kadar Asam Laktat dan Denyut Nadi. *Journal of Physical Education, Health and Sport*, 3(2), 135–143.
- Ostrom, Kurre W. (2000), *Massage And The Original Swedish Movements*. Philadelphia: The Maple Press, York, PA.
- Paine, Tim. (2015). *The Complete Guide To Sports Massage*. London: Bloomsbury.
- Park, J., Shim, J., Kim, S., Namgung, S., Ku, I., Cho, M., Lee, H., & Roh, H. (2017). Application of massage for ankle joint flexibility and balance. *Journal of Physical Therapy Science*, 29(5), 789–792. <https://doi.org/10.1589/jpts.29.789>
- Priyonoadi, B., Sutapa, P., & Graha, A. S. (2020). Sports Massage to Improve the Immunoglobulin A (Iga) and the Hormone Beta Endorphin. 1, 704–709. <https://doi.org/10.5220/0009801807040709>
- Purnomo, R. D., & Satya Graha, A. (2019). Massage for Sport Efektifitas masase dan terapi latihan fleksibilitas terhadap pemulihan rasa nyeri dan kelentukan extremitas bawah pada kiper Effectiveness of masase and flexibility exercise therapy on pain treatment and determination of down extremity i. *Therapy and Injury*, 1(1), 1–6.
- Putra, D., & Syampurma, H. (2023). Analysis: The Impact Of Massage And Physiotherapy On The Confidence Of Cycling Athletes. *Journal of Pharmaceutical Negative Results*, 14(03), 3284–3289.
- Ridwan, & Tungka, N. F. (2024). Metode Penelitian. http://eprints2.ipdn.ac.id/id/eprint/1362/1/Metodologi_Penelitian.pdf
- Sugiyono. (2020). *Metode Penelitian Kualitatif*. Bandung: Alfabeta.

- sujarweni, v. wiratna. 2015. metodologi penelitian bisnis dan ekonomi, 33. yogyakarta: pustaka baru press.
- Samsudin. (2019). Ilmu Lulut Dasar Massage Kebugaran. Program Studi Ilmu Keolahragaan Fakultas Ilmu Olahraga Universitas Negeri Jakarta, 1-136.
- Selim, A. (2014). Effect of sport massage on pressure pain threshold and tolerance in athletes under eccentric exercise. *International Journal of Science, Culture and Sport*, 2(6), 136-136. <https://doi.org/10.14486/ijscs185>
- Soraya, N. (2018). Analisis Persepsi Mahasiswa Terhadap Kompetensi Dosen Dalam Mengajar Pada Program Studi Pai Fakultas Ilmu Tarbiyah Dan Keguruan Uin Raden Fatah Palembang. *Tadrib: Jurnal Pendidikan Agama Islam*, 4(1), 183-204. <https://doi.org/10.19109/tadrib.v4i1.1957>
- Sugiyono. (2020). Metode Penelitian Kualitatif. Bandung: Alfabeta.
- Setyowati, L. D. Saraswati, and M. S. Adi, "Gambaran Faktor-Faktor Yang Terkait Dengan Kinerja Petugas Dalam Penemuan Kasus Pada Program Tuberkulosis Paru Di Kabupaten Grobogan," *Jurnal Kesehatan Masyarakat*, vol. 6, no. 1, pp. 264-272, Jan. 2018. <https://doi.org/10.14710/jkm.v6i1.19879>
- Therapy, H. C. (2016). Dynamic Angular Petrissage. Home Comfort Therapy. <https://homecomforttherapy.com/dynamic-angular-petrissage/>
- Ummah, M. S. (2019). Analisa Persepsi Dosen Terhadap Perbankan Syariah. *Sustainability (Switzerland)*, 11(1), 1-14.
- Widyaningrum, N., 2013, Epigallocatechin-3-Gallate (EGCG) Pada Daun Teh Hijau Sebagai Anti Jerawat, *Majalah farmasi dan farmakologi*, Vol 17, No. 3, ISSN: 1410-7031. <http://repository.unj.ac.id/1352/1/Skripsi-Mayasari-Manar.pdf>
- Welis, W. (2018). Peningkatan Keterampilan Masase Cedera Olahraga Guru Pendidikan Jasmani Olahraga dan Kesehatan di Kecamatan Padang Utara. *Journal Stamina*, 1(1), iii-vii. <https://doi.org/10.1016/j.jns.2018.09.022%0Ahttp://dx.doi.org/10.1016/j.ejphar.2009.04.058%0A>
- Welis, W., Darni, & Mario, D. T. (2023). Sports Massage: How Does It Affect Reducing Lactic Acid Levels in Athletes? *International Journal of Human Movement and Sports Sciences*, 11(1), 20-26. <https://doi.org/10.13189/saj.2023.110103>
- Wiktorsson Moller, M., Oberg, B., Ekstrand, J., & Gillquist, J. (1983). Effects of warming up, massage, and stretching on range of motion and muscle strength in the lower extremity. *American Journal of Sports Medicine*, 11(4), 249-252. <https://doi.org/10.1177/036354658301100412>
- Zellatifanny, C. M., & Mudjiyanto, B. (2018). Tipe Penelitian Deskripsi Dalam Ilmu Komunikasi. *Diakom: Jurnal Media Dan Komunikasi*, 1(2), 83-90. <https://doi.org/10.17933/diakom.v1i2.20>