

## Kinesiotaping: Improve Self-Confidence And Motivation in Athletes Preparing For PON Aceh-Sumut 2024

Grafitte Decheline<sup>1A-E\*</sup>, Atri Widowati<sup>2B-D</sup>, Fitri Diana<sup>3B-D</sup>, Yonifia Anjanika<sup>4 B-D</sup>

<sup>1,2,3,4</sup> Universitas Jambi, Jambi, Indonesia

[grafiti@unja.ac.id](mailto:grafiti@unja.ac.id)<sup>1\*</sup>, [atri.widowati@unja.ac.id](mailto:atri.widowati@unja.ac.id)<sup>2</sup>, [fitridiana16@unja.ac.id](mailto:fitridiana16@unja.ac.id)<sup>3</sup>, [yonifia.anjanika@unja.ac.id](mailto:yonifia.anjanika@unja.ac.id)<sup>4</sup>

### ABSTRACT

Kinesiotaping is a method and tool for rehabilitating injuries. Used by athletes who suffer acute and serious injuries. Kinesiotaping is a flexible plaster that is used on athletes who are injured or are undergoing injury rehabilitation. The increasing increase in physical activity, along with the demand for victory given by the Regions participating in the XXI Aceh-North Sumatra PON event, puts pressure on athletes' muscles due to the increased training load and training portions. In this research, we will further examine how kinesiotaping can increase self-confidence and motivation in athletes facing competitions. With a sample of 20 athletes, both male and female. The research uses a survey method by distributing questionnaires to the sample. The results of the study stated that 66.7% of athletes who applied kinesiotaping felt that Kinesiotaping could help improve their performance in competitions, and another 33.3% stated that they did not need to use Kinesiotaping to increase their confidence in competitions.

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## INTRODUCTION

At the beginning of the appearance of Kinesio tape by Dr. Kemso Kase. Kinesio tape is used for acupuncture therapy. As time progressed, this plaster was then used in the world of sports. Kinesio taping is designed to facilitate the body's natural healing by supporting and stabilizing muscles and joints without limiting joint movement (Putra et al., 2023). Kinesiotaping is the newest method of installing tape to prevent or rehabilitate athletes who have suffered injuries (Grześkowiak et al., 2014). In some literature, it has been proven that Kinesio Tape is effective in reducing the level of pain in CTS (Carpal Tunnel Syndrome) patients, and the effectiveness of Kinesio tape is also better than rigid splinting as the conventional method used (Haikal et al., 2022). The use of Kinesio Tape is widespread in the field of sports. This instrument is attached to the body, is

waterproof, and aids movement, increases intra-articular space, and reduces pain. Kinesio Tape installation is intended to support movement and enable people or athletes to continue working (Haikal et al., 2022)

The use of kinesio tape in the treatment of sports injuries can be combined with several other therapeutic modalities such as cryotherapy, hydrotherapy, manual therapy, acupuncture, and electrical stimulation (Grześkowiak et al., 2014). However, the use of heat therapy such as infrared, shortwave diathermy and microwave diathermy on the area where kinesio tape is applied is not recommended. Some of the benefits of kinesio tape include (Grześkowiak et al., 2014):

1. Reduces pain

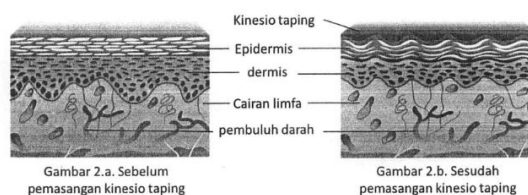
Kinesio tape reduces pain through the Gate Control Theory mechanism. The stimulus from kinesio taping inhibits pain stimuli, preventing them from being transmitted to the thalamus.

2. Joint Fixation

Kinesio taping can support unstable joints. Applying with 75-100% tension will cause the tape to lose its elasticity and become more rigid, thus fixing the joint.

3. Improves Lymphatic Flow

The mechanism of action is thought to be that the surface tension created by applying kinesio taping creates a space between the skin and muscle. This space will facilitate lymphatic flow.



**Figure 1.**

The effect of kinesio taping on lymph flow

4. Muscle Inhibition and Facilitation

Kinesio tape is thought to be beneficial in inhibiting or enhancing muscle contractions (facilitating). This mechanism depends on the placement of the kinesio tape.

The risk of injury in athletes is very high, especially in athletes with high training intensity. Depending on the cause, injuries can be caused by overuse injury and traumatic injury (Pristianto et al., 2022). Overuse injury is an injury caused by repetitive movements that are too frequent and too fast. Traumatic injury is often caused by an impact or movement that exceeds the ability. Types of injuries that often occur in athletes include musculoskeletal injuries, sprains, strains, and cramps. Sports injuries often occur due to inadequate cooling or incomplete healing of previous injuries (Semarayasa, 2014).

Sports injuries are often responded to by the body with inflammatory signs consisting of rubor (redness), tumour (swelling), calor (heat), dolor (pain), and functio laesa (decreased function) (Herdiandanu & Djawa, 2020). An injury or wound is damage to the structure or function of the body due to physical or chemical force or pressure

(Semarayasa, 2014). This injury is characterized by pain, swelling, cramps, bruising, stiffness and restrictions on joint movement as well as reduced strength in the injured area (Irawan, 2017).

In line with this, the motivation of athletes with a high level of self-confidence will also increase. Thus, good self-confidence will also improve motivation in athletes. With various internal and external factors possessed by athletes, motivation is the biggest picture in an athlete's achievement. One of the most popular and widely tested approaches to motivation in sports and other achievement domains is self-determination theory (Lochbaum et al., 2022). Thus, motivation is the result of a process, internal or external to the individual, that generates enthusiasm and persistence in pursuing a certain action (Gary and Starke, 1984; Islam, 1999). According to Taylor (2012), the root word of the term motivation is *move* (to move). In relation to learning, motivation generally involves inner strengths, enduring traits, behavioral responses to stimuli, and a set of beliefs and influences (Vero & Puka, 2017).

In previous research, researchers have examined the Psychological Condition of Athletes, specifically the Mental Condition of Female Athletes facing POMNAS with dysmenorrhea. Psychological conditions are conditions that greatly affect an athlete's performance (Decheline et al., 2023). In addition to physical condition, technique and tactics, the psychology of athletes must also be a concern for coaches. This is the basis for this ongoing research on Sports Psychology.

## METHODS

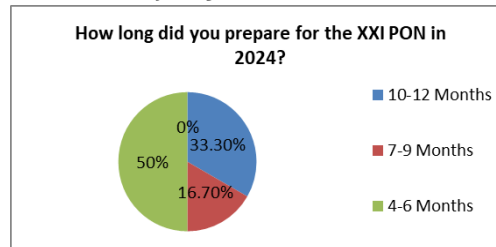
This study used a qualitative descriptive method with a questionnaire and a description of the research results. The study population was all athletes from Jambi Province who will participate in the 2024 Aceh-North Sumatra National Games (PON) on September 9-16, 2024, with a total of 217 athletes spread across various sports. The sample was determined using a purposive sampling technique based on certain criteria, namely athletes from the 2024 Aceh-North Sumatra National Games who have a history of traumatic injuries (not new injuries), and was limited to 20 respondents. The research instrument was a questionnaire containing several written questions that functioned to obtain information from respondents regarding the required personal data. Data analysis was carried out in three stages: data reduction by summarizing important information to focus more on the core of the research, presenting data in narrative form to facilitate concluding, and percentage analysis using the formula  $P = F/n \times 100\%$ , where P is the percentage, F is the frequency of answers, and n is the number of respondents.

The researcher ensured that each stage was carried out systematically so that the research results could be accounted for. Furthermore, the instruments used have been previously validated to ensure data accuracy. The results are expected to provide a snapshot of the injury history of athletes participating in the Jambi Province National Sports Week (PON). Therefore, this study not only describes the data but can also serve as a basis for future injury prevention and management efforts in athletes.

## RESULTS AND DISCUSSION

### Result

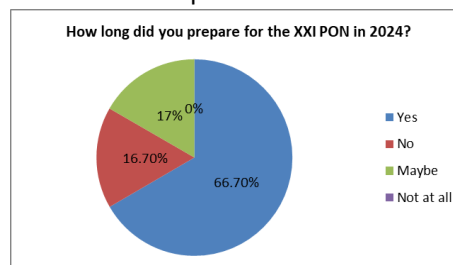
The preparation carried out by athletes showed that 50% of them trained for a duration of 4–6 months before the PON event. This preparation period had both positive and negative impacts on performance and injury risk. The human body experiences varying levels of fatigue; the greater and more frequent the physical load, the higher the risk of injury. Therefore, with the training intensity and time allocation faced by the athletes, the risk of injury is relatively high.



**Figure 2.**

Questionnaire Chart 1

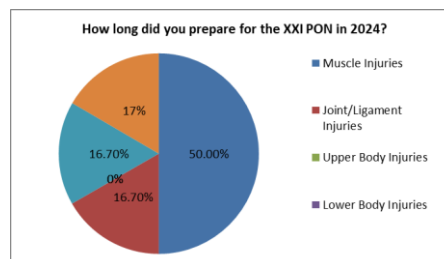
However, the risk of injury can be minimized through adequate warm-up, sufficient sleep, and fluctuating training intensity, meaning that training sessions must be balanced with proper rest. This is particularly important for athletes with a history of previous injuries, as heavy and intense training may trigger a recurrence. For this reason, athletes need to receive proper relaxation techniques and medical treatment after training sessions or try-outs before competitions.



**Figure 3.**

Questionnaire Chart 2

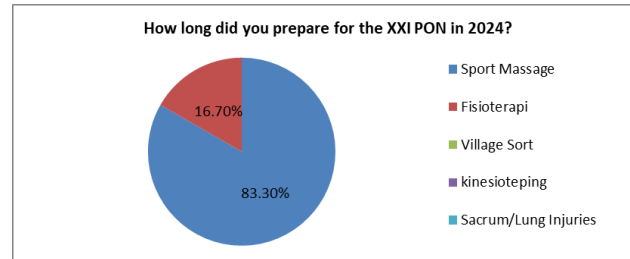
Based on the results of the questionnaire, 66.7% of athletes admitted that they had experienced injuries. For senior athletes who have been involved in sports for a long time, injuries are often seen as an unavoidable companion that must be accepted as part of their athletic journey.



**Figure 3.**

Questionnaire Chart 4

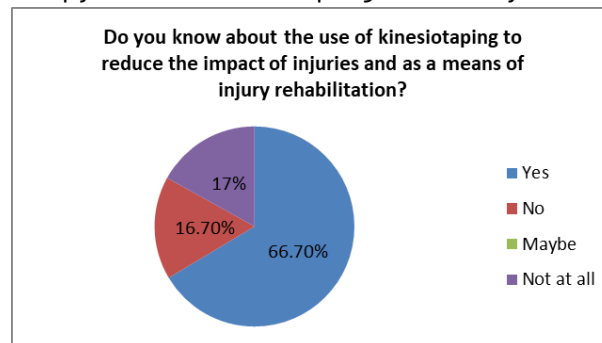
The data presented above shows that most athletes frequently experience muscle injuries. Other types of injuries reported include joint injuries, ankle injuries, and lower back injuries. The body parts most commonly injured are those that serve as weight-bearing areas and contain large muscle groups that function to support body weight.



**Figure 5.**

Questionnaire Chart 4

The results indicate that the most common forms of injury treatment were sports massage and physiotherapy, while kinesiotaping was rarely utilized.



**Figure 6.**

Questionnaire Chart 5

Furthermore, the data shows that although athletes were aware of kinesiotaping and its potential benefits, they were unable to apply it in their preparation for PON 2024. This situation was caused by several factors, including:

1. The medical team consisted mainly of general practitioners.
2. There were no medical staff with expertise in sports massage or practical experience as masseurs.

The medical team worked on a large scale for all Jambi PON athletes, while athletes actually required more specific treatment tailored to training intensity and recovery needs, which should ideally involve collaboration among athletes, coaches, managers, and masseurs.

## Discussion

The results of this study indicate a close relationship between preparation time, training intensity, and the risk of injury in athletes. The fact that half of the athletes prepared for 4-6 months before the 2024 National Games indicates that they underwent a fairly long period of physical development. While such preparation is important for improving performance, it also puts athletes at a higher risk of injury, especially if the training load is not balanced with adequate rest and recovery. This finding aligns with Bompa's (1999) theory

of overtraining, which asserts that excessive training without adequate recovery increases the potential for fatigue and damage to the musculoskeletal system.

The majority of respondents, 66.7%, reported experiencing injuries, concluding that injuries are an unavoidable part of an athlete's career. The most commonly reported injuries were muscle injuries, followed by joint injuries, ankle injuries, and low back injuries. These body parts are responsible for supporting the body's weight and contain large muscle groups that are subject to repeated stress during training and competition. This aligns with Anderson & Hall's (2011) findings, which state that most injuries occur in areas of the body that play a crucial role in athletes' stability and mobility.

In terms of injury management, data shows that sports massage and physiotherapy are the most commonly used methods, while the use of kinesiotaping remains rare. Interestingly, although athletes are aware of the potential benefits of kinesiotaping, its application is limited due to the lack of medical personnel specialized in sports rehabilitation. This situation aligns with Prentice's (2015) perspective, which emphasizes the importance of involving competent sports medical personnel to support athlete performance and safety.

Therefore, closer collaboration between coaches, managers, and specialized sports medical teams is needed to ensure athletes receive comprehensive care. The involvement of physiotherapists, sports therapists, and sports massage practitioners who understand kinesiotaping techniques will significantly help minimize the risk of recurrent injuries while improving athlete performance. Furthermore, systematic recovery strategies—such as adequate rest, individualized training intensity, and continuous injury monitoring—should be an integral part of any preparation program. With these steps, a balance between performance improvement and injury prevention can be achieved, thus optimizing the chances of achieving success at an event as large as the 2024 National Sports Week (PON).

## CONCLUSION

Based on the research results, it can be concluded that the integration of character values through volleyball learning at SMP Negeri 11, Jambi City, is generally in the good category, with an average achievement of 83.2%. When viewed per indicator, student discipline scored 84% (good), indicating that the majority of students are accustomed to arriving on time, obeying rules, and consistently following teacher directions. Sportsmanship was the indicator with the lowest achievement, at 78% (adequate), indicating that there are still challenges in accepting defeat, controlling emotions, and respecting opponents. The hard work indicator scored 82% (good), reflecting persistence, never giving up, and a willingness to strive optimally in every learning activity. Responsibility reached 85% (good), indicating that students are consistent in carrying out their roles and can take responsibility for mistakes without blaming teammates. Meanwhile, honesty was the indicator with the highest score, at 87% (very good), indicating that students have upheld integrity, avoided cheating, and dared to admit mistakes during the learning process. Thus, volleyball instruction is not only effective in improving physical and technical skills but also



significantly contributes to strengthening students' character. However, special attention is needed to emphasize sportsmanship to ensure more equitable and balanced character development across all indicators, thus optimally achieving the goal of physical education as a vehicle for developing a holistic personality.

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