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Coach Perception Relationship to Sport Massage, with Encouragement for Sports Coaches to Learn Sport Massage

Galih Priyambada^{1,*}, Sugiharto², Tjetjep Rohendi Rohidi², Sulaiman²

^{1,2} Postgraduate, Universitas Negeri Semarang, Indonesia

Abstract: This research aims to find out the relationship between the Perception of Sports Coaches towards Sport Massage and the encouragement for sports coaches to learn sport massage. The method used in this study is a correlation with two main variables, namely: The perception of sports coaches to sport massage as a free variable (X), and the encouragement for sports coaches to learn sport massage as a bound variable (Y), the population in this study is sports coaches at the provincial level of East Kalimantan or specifically coaches at the level of the Special School of International Sportsmen numbering 30 people, while the sampling technique used is a total sampling of 30 sample people, the instrument in this study uses questionnaires, data analysis in this study using regression analysis with a value of 0.05 or 5%. The result in this study is that there is a significant relationship between the perception of sports coaches towards sport massage and the encouragement for sports coaches to learn sport massage with the resulting correlation coefficient is $R_{count} 0.952 > R_{table} = 0.361$ or Sig value calculate $0.000 < \alpha 0.05$. The conclusion in this study is that the perception of coaches in sports massage gives encouragement or contributes significantly to the interest of sports coaches to learn sports massage.

Keywords: perception, sports coach, attraction, sport massage.

教练感知与运动按摩的关系，鼓励运动教练学习运动按摩

摘要：本研究旨在探讨运动教练对运动按摩的认知与鼓励运动教练学习运动按摩之间的关系。本研究中使用的方法是两个主要变量的相关性，即：运动教练对运动按摩的感知作为自由变量（X），以及鼓励运动教练学习运动按摩作为约束变量（Y），本研究的总体为东加里曼丹省一级体育教练员或国际运动员特殊学校级教练员30人，所采用的抽样技术为共抽样30人，本研究中的仪器为研究采用问卷调查，本研究数据分析采用回归分析，值为0.05或5%。本研究的结果是运动教练对运动按摩的认知与鼓励运动教练学习运动按摩之间存在显著关系，相关系数为计数0.952>从表=0.361或信号值计算0.000< α 0.05。本研究的结论是，教练对运动按摩的感知对运动教练学习运动按摩的兴趣给予了鼓励或显著贡献。

关键词：感知，运动教练，吸引力，运动按摩。

1. Introduction

The implementation and practice of sport massage are currently quite popular in various circles, especially in sports. Sportsmen tend to visit massage clinics for

various reasons. It is based on several indirect interviews conducted by researchers. The effect of sport massage is often described as providing a sensation of comfort, and blood circulation is an important element that becomes an attraction for

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About the authors: Galih Priyambada, Sports Education Study Program, Faculty of Teacher Training in Education, Universitas Muhammadiyah Kalimantan Timur, Samarinda Indonesia; Sugiharto, Tjetjep Rohendi Rohidi, Sulaiman, Postgraduate, Universitas Negeri Semarang, Semarang, Indonesia

Corresponding author Galih Priyambada, priyambadagalih@students.unnes.ac.id

sportsmen, especially when going through physical activity and after undergoing physical activity or during rest. Sport massage is believed to increase flexibility and delay muscle pain [1]. In addition, sport massage also has the benefit of preparing athletes in the face of competition [2]. Sport massage also increases the positive dimension of the athlete's current emotional state and reduces the negative dimension [3]. Sport massage is one type of complementary treatment that tends to be safer to give to various uses. And always bringing a positive impact such as massage in general, if done correctly, will make the muscles more relaxed, and of course, the body becomes more ready to do the next activity.

The implementation and practice of sport massage are often a thing that is less noticed and even looks the same as massage in general. But when viewed the benefits, there is a remarkable difference. Body treatments using massage techniques are very beneficial, but this will have more significant effects if done with the appropriate combination and exercise composition [4]. Sport massage is usually done and practiced for sportsmen, of course with various purposes, specifically to prepare sportsmen for the next task. Massage provides a positive effect as described through the practice of neuromuscular vibration therapy, with clinical presentation of the patient gradually increases with a decrease in creatine kinase and recovers well during follow-up [5]. Athletes who tend to use sports massage both as preparation and recovery will better understand and know about sport massage as a means and strategy at the time of exercise and recovery after exercise [6], so that the role of sport massage becomes more significant. It makes sport massage more important to be paired with every sports activity.

The application of sport massage to sportsmen before carrying out exercises or preparatory sessions, and when after exercise or during rest is very contributing, it sees from the benefits and many opinions of some previous studies. In addition, through sport massage, athletes will be more comfortable, and through sport, massage will certainly increase antibodies [7]. Giving action using sport massage and providing a relaxing and comfortable effect can lower the level of lactic acid in the blood [8]. The provision of sports massage for athletes through experts in their field will certainly bring an effective and targeted impact. Still, some problems are found if sports massage experts in society and areas cannot find such demanding coaches to intervene. Still, it becomes a new problem if not all coaches understand and are interested in having this expertise. The tendency of coaches to do sports massage is still very lacking.

Understanding coaches in the application of sports massage requires special attention, especially a coach who is close to and psychologically with athletes. Not all athletes are comfortable being massaged by others,

so the role of coaches in things that may not be possible will be much needed, especially in sports massage. Because it is very unlikely if a certain condition Aaron is looking for special massage energy in this case, the coach must be qualified in handling and because the giving of sport massage can regenerate muscles faster so that in the atmosphere or situation of the match should the coach accompany and give a special stimulant through sport massage [9]. The closeness of the coach can be felt by athletes intensely so that if the coach can bring a more positive atmosphere and provide sports massage for athletes, it is expected to bring a positive and effective impact, of course, more efficiently. Athletes in training require a lot of encouragement both morally and spiritually, a value system in sports for high performance, and ability-based assessment [10]. The role of coaches in various matters will have an impact on the mining of athletes.

Building assumptions for a person is not easy and cannot be done quickly. Assumption or perception is a person's point of view after observing and learning something, as is the case for maintaining self-confidence through participation in some activities that may be dilated [11]. Psychologically humans have differences from each condition depending on environmental conditions and even gender. More sports psychology education and more frequent contact with sports psychology practitioners result in statistically higher training effectiveness [12], so habits and associations with certain elements will impact something. Pending on something is a natural process and usually occurs due to habits and environmental factors that dominate against changes in piker patterns and views.

The way of view or perception in the context of applying sports massage services is not common, and not everyone knows it, even requires introduction and adaptation in advance. Another thing for a sports coach and athlete, the term sport massage, is often heard even often in the application of sports every day. Most athletes tend to like sports massage, especially in certain conditions, for example, in preparation for exercise or competition and during rest. But not a few athletes who are less interested in handling using sports massage techniques have strategies to overcome various physical complaints, such as cupping, soaking in ice water or warm water, or resting the body completely. With the encouragement of coaches to get to know sport massage, it is expected that the benefits of sport massage can be delivered effectively. It takes the participation of trainers or massage experts to introduce and familiarize athletes to tend to do therapy more often, especially with sport massage.

The psychology of an athlete or coach is based on the general aspect that they are human beings that have advantages and disadvantages. Where evolved aspects of human psychology can intersect with certain

cultures [13], aspects of psychology in humans always experience ups and downs, adjusting to the environment and social habits and objects of view every day. Thus one's mentality will always be formed naturally; through intervention, studies can maintain the mental health of athletes and prevent various forms of mental illness [14]. Especially in sports known as individuals and teams, where processing group psychology is a challenge in itself. Understanding how teams mobilize their collective psychosocial resources to withstand stress is essential for a group of people's optimal performance [15]. Environmental factors and habits play an important role in a presumption that makes a person become accustomed or have a special perception of something that affects them.

The deep perception in this issue leads more to the sports coach with his point of view towards sport massage. The opportunity to reflect on oneself and self-assessment for a coach can positively change their perception of knowledge and self-assessment [16]. The urge for things to be improved is influenced by several factors, either from within oneself or internal or external factors. There is a motivation in every human being formed because of the will and attraction to something, and of course, it is considered interesting. But interest can be formed through outside encouragement and the interest of sports coaches studying sports massage because of the encouragement of brush athletes who tend to do sports massage. But the biggest supporting element usually exists in oneself where attraction to something becomes the impetus to understand something better.

In this study, researchers tried to focus the research on the extent to which the perception of coaches correlates to the interest to learn sport massage in the hope that it can be developed on optimization and it can increase the interest and talent of coaches in learning sports massage as an initial effort in dealing with athletes. Being oriented to some experience in applying for the training program and when the game is still too minimal, massage exists. If the athlete needs the massage, no expert massage accompanies athletes. Based on this, the interest of trainers to develop

themselves in massage training is expected to be a meeting point and a more effective solution. However, it is expected that athletes will still have to date and consult with massage experts in general.

2. Method

This study uses a correlational approach with the survey method and its data retrieval using questionnaires. The population in this study is sports coaches at the provincial level of East Kalimantan or who train at the International Sportsmen's Special School with 30 coaches. The total sampling was used because of the small population that makes it possible to take a sample from every one of 30 people samplers. Instruments in this study using questionnaires, data analysis in this study using regression analysis with a value of 0.05 or 5%.

3. Results and Discussions

3.1. Coach's Perception of Sport Massage

The results of the study are described using descriptive statistical analysis as follows: namely the minimum value (minimum value) 27; maximum value (maximum value) 68; mean (average) 50; median (middle value) 47; mode (values often appear) 39.3 (more than one); and standard deviation 10. Furthermore for more details will be presented on the frequency distribution table.

Table 1 Frequency distribution of coach perception to sport massage

No	Interval	F	Percentage
1	27-33	1	3.3
2	34-40	6	0.0
3	41-47	9	36.7
4	48-54	0	13.3
5	55-61	9	10.0
6	62-68	5	36.7
		30	100

When displayed in graphic form can be seen in the following image:

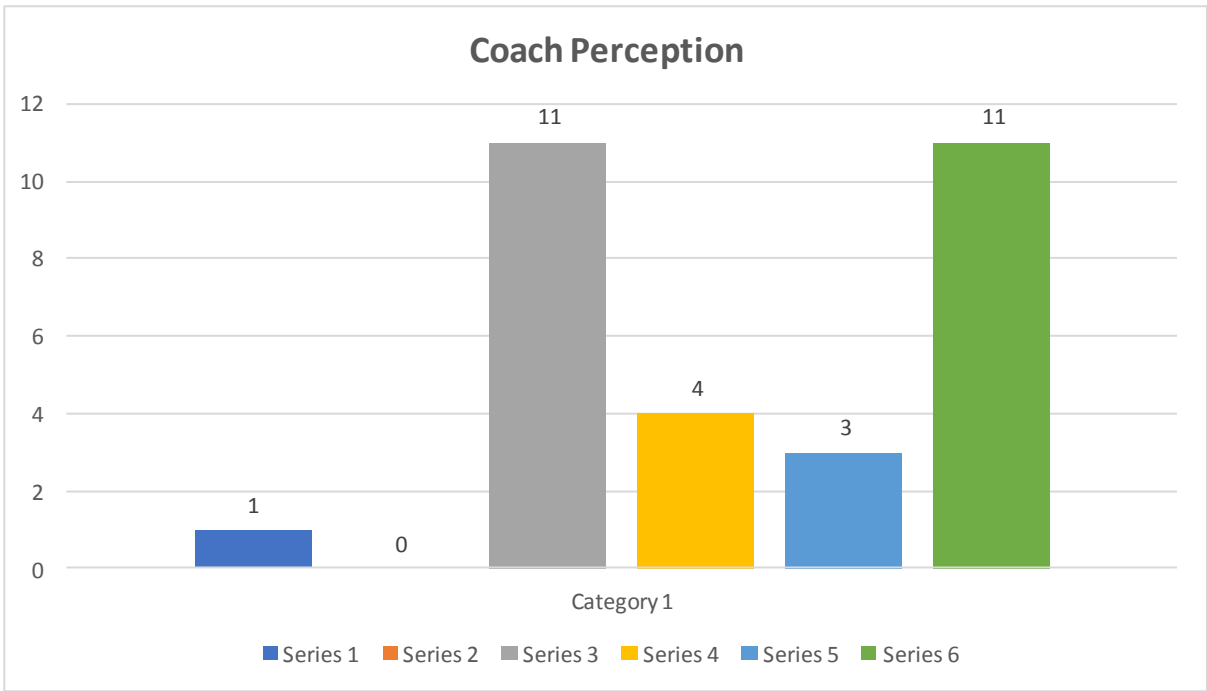


Fig. 1 Graph of coach perception of sport massage

3.2. Encouragement for Sports Coaches to Learn Sport Massage

The results of the study are described using descriptive statistical analysis as follows: namely the minimum value (minimum value) 58; maximum value (maximum value) 111; mean (average) 50; median (middle value) 52; mode (values often appear) 45 (more than one); and standard deviation 10. Furthermore for more details will be presented on the frequency distribution table.

Table 2 Frequency distribution of encouragement for sports coaches to learn sport massage

№	Interval	F	Percentage
1	58-66	5	16.66667
2	67-75	4	13.33333
3	76-84	5	16.66667
4	85-93	6	20
5	94-102	5	16.66667
6	103-111	5	16.66667
		30	100

When displayed in graphic form can be seen in the following image:

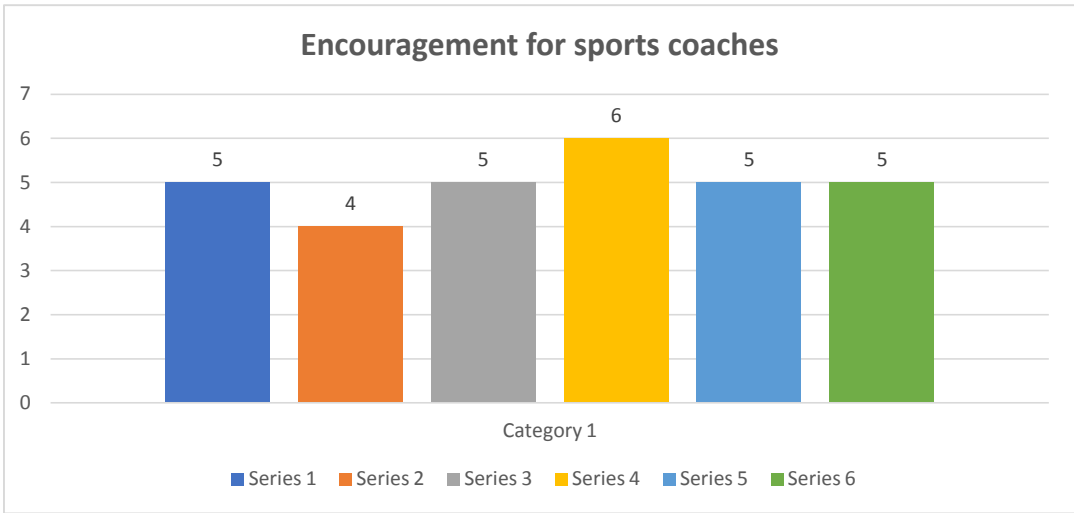


Fig. 2 Encouragement for sports coaches to learn sport massage

Table 3 Relationship perception of coaches with encouragement for sports coaches to learn sport massage

Correlation	Price r		Q	Description
	R count	R table		
X-Y	0,952	0,361	0,000	Significant

The resulting correlation coefficient is 0.952 and greater than R table = 0.361, or a sig count result of $0.000 < \alpha 0.05$. That means the relationship between the coach's perception of sport massage and encouragement for sports coaches to learn sport

massage is significant. Thus it was concluded that there is a significant relationship between the perception of coaches towards sports massage and the encouragement for sports coaches to learn sport massage.

4. Discussion

Sport massage is manual handling given specifically to sportsmen with typical complaints and in a healthy condition or not sick. The variety of massage is emphasized in the technique, but the duration becomes one of the main keys. Massage time of 20-30 minutes effectively relieves muscle pain and improves performance [17]. In addition, massage is also recommended for seniors who will do strength training [18]. It is very important that sport massage in various sports activities and specifically for actively conducting exercise programs athletes who need to be given special attention by massage experts so that development and efforts to minimize the risk of injury can be controlled. Sports coaches are the closest people to training and matches. Psychological and physical closeness is natural and leads to intense closeness.

Athletes having a special habit of proximity to coaches, are more open to conditions, and often feel complaints. Through massage activities given in a structured manner can give a good effect and able to have a positive impact on the range of motion of the lower limbs [19] as well as when injuries occur in athletes, the role of trainers, in this case, is very important for example to provide manipulation manually or with electrotherapy processes to overcome injuries [20]. Athletes' interest in massage is an encouragement for coaches to pay more attention and improve competence outside of training as a basic form of first handling the sport's physical condition.

In this case, the relationship that occurs, the perception of sports coaches to the existence of sport massage in the world of sports has a positive impact on the sense of interest and encouragement to develop skills in the field of massage. That is certainly not an element of unemployment from the professionalism of the coaching, but as an initial effort in the handling of massage for athletes. Because as explained earlier, emergency conditions usually occur when practicing or competing, so the closest person is the coach. It is expected to provide a simple manual manipulation in preparation for the match or during a match. In other conditions, it is also useful to minimize the risk of injury, improve muscle performance, and improve athletes' physical condition.

Coaches who are directly able to encourage athletes are very important if they collaborated with sports massage skills to support the success of achievements as the training program progresses where the current coaches cannot perform sport massage. The tendency of coaches in sports massage is only less honed through officially certified training. Based on the field

experience, that may be in terms of ability can be said to be capable only still impressed traditional and less varied. There needs to be a better development of kearah, namely with training programs from related parties, either from certain sports or from elements of sports managers at various levels, both regional and provincial. The perception of coaches who have a positive value towards sport massage is a good provision to develop, especially with a positive correlation to motivation to follow a training or develop skills in sports massage.

5. Conclusion

The conclusion in this study is that the perception of coaches in sports massage gives encouragement or contributes significantly to the interest of sports coaches to learn sports massage. It is expected to be an ongoing relationship. It can increase the motivation of coaches to develop talents and interests in sports massage so that it becomes an even better ability, of course.

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