

**EFEKTIVITAS MASASE KEBUGARAN PASCA AKTIVITAS FISIK (MKPF) DENGAN MASASE
OLAHRAGA PADA EKSTREMITAS BAWAH TERHADAP PENINGKATAN RANGE OF MOTION (ROM)
DAN SKALA FUNGSI SENDI ATLET FUTSAL**

**by Dr. Drs. Bambang Priyonoadi, M.Kes. Dr. Ali Satia Graha, S.Pd., M.Kes., Dr. dr. Rachmah Laksmi
Ambardini, M.Kes**

ABSTRACT

This study aims to determine the significant difference between Sport Massage (SM) and Masase Kebugaran Pasca Aktifitas Fisik (MKPAF) and to determine the effectiveness between SM and MKPAF on increasing Range of Motion (ROM) of the lower extremities.

This research method is a pre-experimental design (two group pretest and posttest design). This treatment was carried out 3 (three) times, namely after 2 minutes, 15 minutes and 30 minutes. Samples were obtained from 40 of the 80 population of students of the Sport Science Study Program, FIK UNY with purposive sampling technique. This research instrument uses a goniometer. The data analysis technique used non-parametric statistical tests with Kurskal-Wallis H ($p < 0.05$) and percentage calculations to determine the level of effectiveness. The results of the analysis of the SM and MKPAF data variables showed that the significance of hip joint flexion ROM was 0.000 (sig. < 0.05), extension ROM was 0.000 (sig. < 0.05), knee joint flexion ROM was 0.000 (sig. < 0.05), foot joint dorsiflexion ROM 0.000 (sig. < 0.05), plantarflexion ROM 0.000 (sig. < 0.05).

The conclusion of this study is that SM and MKPAF have a significant effect on increasing ROM in the lower extremities and MKPAF is more effective on increasing ROM in the lower extremities than SM.

Kata Kunci: *massage, lower extrimities, range of motion*