

EMPOWERING COMMUNITIES THROUGH MASSAGE FOR SPORTS TRAINING YOUTH IN DISTRICT OF DEPOK SLEMAN YOGYAKARTA

by Dr. Pangung Sutapa. M.S.

ABSTRACT

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Pangung Sutapa, dkk

The community service performed by the servants in the form of Empowering communities through Training of sports for youth in the Massage subdistrict of Depok Sleman Yogyakarta. Pemebrdayaan masyarakat training in an effort to increase skills for facilitating tuna netra massage power especially in the field of sports is an activity undertaken by a team of Servants PPM of UNY FIK. These activities aim at increasing skills in an effort to overcome or minimize injuries that occur on the athletes especially the athletes in need specially in order to reduce the occurrence of injuries impacting negatively for the achievements of the athletes. This training was attended by facilitating the netra tuna slaved by a Union of Tuna Netra Indonesia Yogyakarta, as the da in the Wates, Wonosari, city and Sleman Regency.

The method of implementation of these activities is lectures, demonstrations and practice/rehearsal. Methods Lectures lectures are used to convey information to the prospective masseur tuna netra. Method demonstration is very essential in this training, because training in a work process will be more easily followed

by trainees while skills will be transformed in concrete dieksplitkan through demonstration. A method of Practice is done by the masseur tuna netra to know and understand about sports and activities while cedra handling sports injuries by using massage. In the evaluation, the team-servantsdo observations directly to the participants with the criteria of enthusiasm, attention, and seriousness in following training activities.

The results of the public service shows that the implementation of activities went well in accordance with the program have been made. This is shown by the great numbers of participants are quite high: up to hours of implementation runs out there is still much masseur tuna netra who practice the technique with his companion mamase already given.

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