

# THE SOCIALIZATION OF SELF MASSAGE FOR IMPROVING IMMUNITY (SMPI 2020) FOR SPORTS SCIENCE STUDENTS YOGYAKARTA STATE UNIVERSITY

by dr. Novita Intan Arovah, MPH, Ph.D, Dr. BM Wara Kushartanti, MS, Rina Yuniana, M.Or

## ABSTRACT

Corona virus disease (COVID-19) which is a respiratory tract infection caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) has become a world health problem. COVID-19 can be transmitted from human to human through coughing / sneezing droplets. In the current era of the Covid pandemic, the body's immune system is one of the influential aspects in preventing the spread of Covid 19. Various methods are used to optimize the body's immunity, including massages. Self massage is a form of massage therapy that uses pressure or massage techniques at acupressure points that are guided by accupressors and reflexology. Increased body immunity can make a person avoid various diseases, one of which is covid-19. The purpose of this service activity is to provide knowledge and skills about self-massage for enhancing body immunity by conducting online or virtual socialization to the entire community, especially students of the Sports Science Study Program (IKOR), Faculty of Sports Sciences, UNY. Community service activities are carried out by holding online seminars on self-massage for immunity enhancers via google meet from G suite UNY for Sport Science study program students (in collaboration with HIMA Sports Science Study Program / IKOR). Community service activities regarding the socialization of the Immunity Enhancing Self Massage to the students of the Sport Science Study Program, FIK UNY received positive appreciation from the seminar participants. There was an increase in knowledge and skills, which was indicated by an increase in the pretest and posttest scores from 68 to 82. The majority of participants stated that the technique was easy and clear and intended to apply this technique to themselves and their loved ones. It can be concluded that this activity is useful for increasing the knowledge and skills of IKOR students about self massage.

Kata Kunci: *massase, self masage, immunity*