

# IMPROVEMENT OF LIFE SKILL MASASE THERAPY AND RILEKSASI FOR SPORT SPECIAL CLASS SPECIAL IN GUNUNGKIDUL REGION

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## ABSTRACT

Gunungkidul is one of the regencies in Yogyakarta Special Region located in the mountainous area east of Yogyakarta City. The persistence of local government and the entire community, has been able to change the image that makes the district of the Cape Town became an area of interest to many people of the city. Based on the results of embedding in several areas of nature tourism, it is found that visitors are packed the location, and seen many people who come from out of town. After they walk the streets look very tired, and even some of the visitors who said "it feels like this legs will come off" albeit with joy. Starting from the results of these observations, it is necessary to find a solution to overcome the problems of the visitors who have spent time for recreation and very feel fatigue. Relaxation massage and therapy is one alternative to solve the problem. This condition can be used to build the assumption, that by doing massage services in a tourist object that is crowded with visitors, the opportunity to earn more income can be achieved. The specific objectives of this PPM activity are to improve the massage therapy and relaxation skills of KKO Gunung Kula students; Teach entrepreneurial services through sports massage at the attractions. Benefits of activities undertaken to improve life skills of students of SMAN Tanjungsari and SMAN 2 Playen schools. Change the image of massage and strengthen local culture around the attractions. methods used: theorizing; Direct approach; Demonstration & problem solving; Practice and case studies.

The implementation is grouped into two stages, namely the first stage by giving the socialization of the basic concept of massage therapy and relaxation theory to the participants, and the second stage is the implementation of the participants to perform the basic practice of massage therapy and relaxation. This devotional activity is followed by teachers of trainers, trainers, and KKO students. In this activity the material presented includes; basic theoretical material related to massage therapy and relaxation, among others: basic anatomy of muscle structure, joints, motion; functional physiology; massage techniques; and how to perform massage from start to finish in the therapeutic phase of massage and basic level relaxation. In this devotional activity, technically it is divided into two days activity ie. The day I; brainstorming with the delivery of material by the speakers followed by a general discussion about science and technology knowledge supporters. Day II; implementation of the practice of massage; The material and discussion materials for the basic practice of massage therapy and relaxation. From this applied model can be obtained subuah model for effective massage training. This model with the assignment for the participants into this field becomes one of the most effective model findings to provide a very rewarding field experience. Massage therapy and relaxation activities are indispensable for Sports Special schools, seasoned teachers and trainers. The results of the training conducted very positive response. the activity of devotion to the opportunity that has been done is expected to continue for a higher level, so it will be able to samapai on advanced level. Participants feel satisfied and look forward to deepening on another occasion.

Kata Kunci: *massage therapy, relaxation, injury, education tour*