

# EFFECTIVENESS SPORT MASSAGE WITH MEDITATION AND SPORT MASSAGE EXERCISES WITH BREATHING EXERCISES MYALGIA DISORDERS OF MUSCLE

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## ABSTRACT

This study aims to test massage sports combined with different exercises, meditation exercises and breathing exercises, to help restore muscle myalgia in muscle pain in the limbs.

The method used in this research is quasi-experimental (Two Independent Samples). The population in this study were 36 masseuses who worked at the Sports Injury Therapy Massage Service at the UNY Plaza and a sample of 30 masseuses was obtained using purposive sampling. This research was conducted in July 2020. The instrument in this study used the Numeric Rating Scale (NRS) method in the form of ordinal data using the Gain Score (GS) data.

The results showed that the treatment of massage with a combination of breathing exercises and sports massage with a combination of meditation exercises on the recovery of muscle myalgia in the legs showed a value ( $p < 0.05$ ). Sports massage treatment with a combination of breathing exercises on the upper limbs showed an average value of 28.67, while sports massage with a combination of meditation exercises showed an average value of 180.34. Sports massage treatment with a combination of breathing exercises on the lower limbs showed an average value of 293.34, while the treatment of massage sports with a combination of meditation exercises showed an average value of 171.67.

Conclusion sports massage with a combination of breathing exercises is more effective in the recovery of muscle myalgia in muscle aches.

Kata Kunci: *Sport Massage, Breathing, Meditation, Muscle Myalgia*