

Perbandingan Pengaruh Metode Sport Massage dan Cold Water Immersion Terhadap Denyut Nadi Pemulihan Pasca Latihan Pada Tim Bola Voli SMA

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Abstract	<p>Penelitian ini bertujuan untuk mengetahui: (1) pengaruh metode sport massage terhadap denyut nadi pemulihan pasca latihan, (2) pengaruh cold water immersion terhadap denyut nadi pemulihan pasca latihan. (3) perbedaan pengaruh antara metode sport massage dan cold water immersion terhadap denyut nadi pemulihan pasca latihan. Penelitian ini menggunakan metode eksperimen dengan pretest-posttest-control group design. Populasi dalam penelitian ini adalah tim bola voli di SMA Negeri 5 Purwokerto yang berjumlah 30 siswa. Teknik sampling yang digunakan adalah Total Sampling dan pembagian kelompok dengan model Ordinal Pairing, besar sampel yang digunakan adalah sebanyak 30 siswa yang dibagi menjadi 3 kelompok perlakuan. Teknik pengumpulan data dilakukan dengan tes dan pengukuran dalam olahraga menggunakan circuit training test dan pengukuran denyut nadi. Teknik analisis data dilakukan dengan analisis statistik menggunakan uji paired t-test dan uji independent t test, untuk memenuhi asumsi hasil penelitian dilakukan uji persyaratan analisis yaitu dengan uji normalitas dan uji homogenitas. Berdasarkan hasil analisis data, maka penelitian ini menghasilkan kesimpulan sebagai berikut: (1) ada pengaruh metode sport massage terhadap denyut nadi pemulihan pasca latihan (2) " ada pengaruh" metode cold water immersion terhadap denyut nadi pemulihan pasca latihan. (3) tidak ada perbedaan pengaruh yang signifikan antara metode sport massage dan cold water immersion terhadap denyut nadi pemulihan pasca latihan." EFFECT OF SPORT MASSAGE AND COLD WATER IMMERSION ON POST-EXERCISE PULSE IN VOLLEYBALL TEAMS</p> <p>Abstract This study aims to determine: (1) The Effect of the Sports Massage Method on Post-Exercise Fatigue Recovery, (2) The Effect of Cold Water Immersion on Post-Exercise Fatigue Recovery. (3) Difference Between Influence Between Sports Massage Method and Cold Water Immersion on Post-Exercise Fatigue Recovery. This study uses an experimental method with a pretest-posttest-control group design. The population in this study was the volleyball team at SMA Negeri 5 Purwokerto, with a total of 30 students. The sampling technique used was total sampling and group division with Ordinal Pairing models, the sample size used was 30 students divided into 3 treatment groups. Data collection techniques were carried out with tests and bookkeeping in sports using a circuit training test and pulse measurement. The data analysis technique was carried out by statistical analysis using the paired t-test and independent t-test, to meet the assumptions of the results of the study the analysis of the test requirements was carried out with the normality and homogeneity tests. Based on the results of data analysis, this study produces the following conclusions: (1) There is an effect of the Sports Massage Method on Post-Exercise Fatigue Recovery. (2) There is an effect of the Cold Water Immersion Method on Post-Exercise Fatigue Recovery. (3) There is no significant difference in effect between the methods of Sports Massage and Cold Water Immersion on Post-Exercise Fatigue Recovery.</p>
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