

8. EFFECTIVENESS OF DIFFERENT SPORTS MESSAGE

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EFFECTIVENESS OF DIFFERENT SPORTS MASSAGE, MASSAGECIRCULATION ANDMESSAGE FRIRAGE MODULATION LEVELS OFIMMUNOGLOBULON ENZYME A(IgA)

Bambang Priyonoadi

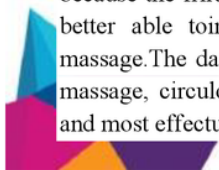
1 **ABSTRACT**

This study aims to determine which among the three types of sports massage, circulo, and frirage most effectively to changes in levels of enzymes Immunoglobulin A(IgA) in IKOR FIKUNY students. This research method is a quasi-experimental research(Quasi-Experimental) with the design of the initial test and final test (Pretest-PosttestDesign) massage frirage to modulating levels of enzymes immunoglobulin A (IgA). The division of the group in this study using ordinal pairing techniques. The study population is students IKOR FIK UNY 2014 4th semester is in a state of declared healthy by doctors by 54 male and female students. Samples used in this study using purposive sampling techniques Sampling (Sugiyono, 2014: 68). The sample in this study amounted to 27 students obtained the inclusion criteria and were drawn while for the division into three treatment groups ie by ordinal pairing. Data were Analyzed by using MANOVA (Multivariate Analysis of Variance). Methods Wilks' Lambda, Data analysis included descriptive analysis, the data normality, homogeneity of variance and paired forms Comparisons MANOVA analysis methods Wilks' Lambda. Hypothesis testing using α 0.05.

Results of the analysis of data variables increase of sports massage, massage circulo, and frirage jointly acquired $F = .792$ ($p > 0.05$), provision of massage of the three treatment groups could be concluded $H_0: \mu_{1.1} = \mu_{1.2} = \mu_{1.3} = 0$ is rejected, $H_1: \mu_{1.1} = \mu_{1.2} = \mu_{1.3} \neq 0$ is received. This means that there are components of factors mean $\mu_{1.1}$, $\mu_{1.2}$, $\mu_{1.3}$ are not worth 0. seen that each component of the mean factor $\mu_{1.1}$ is positive, $\mu_{1.2}$ is negative, $\mu_{1.3}$ is positive, sports massage treatment (group I) can improve: the levels of enzymes Immunoglobulin A (IgA) of at least 36.222 mg/dl, a minimum of 30.210 mg/dl, circulo massage treatment (group II) can improve: the levels of enzymes Immunoglobulin A (IgA) of at least 5000 mg/dl, a minimum -1.013 mg/dl, frirage massage treatment (group III), can improve: the levels of enzymes Immunoglobulin A (IgA) of at least 19.778 mg/dl, a minimum of 25.790 mg/dl. It was concluded that the most effective sports massage treatments to raise levels of enzyme IgA than circulo massage treatments and frirage massage treatment.

PRELIMINARY

Based on observational data on August 11, 2014 in Physical Therapy Clinic FIKUNY number of patients with a massage treatment frirage during the period January 5 s /d August 11, 2014 amounted to 563 patients. The data indicates that the number of patients with a massage frirage treatment more desired by the patient rather than handling with sports massage and the circulo massage. This happens because the frirage massage therapists assess that the most efficacious to overcome severe fatigue and better able to increase waking to the next activity compared with circulo massage and sports massage. The data above shows that all three types of treatment with massage model of fitness (sports massage, circulo, and frirage) claimed that each massage has the reliability and benefits of the best and most effectual to rejuvenate. Although no research results, but the



claim has not been supported by laboratories. That is, massage and massage circulo and massage frirage created in 1999, which has been growing rapidly in society until now has not been completely investigated physiologically, very different from the sports massage which has been widely supported by the results of laboratory studies abroad. A striking difference in the three types of massage are on a kind of special purpose massage technique, mainstay massage, fingers and hands are used, the amount of manipulation of the massage, the direction of movement of the massage, the initial position of massaging, and the rhythm of the pressure on each treatment and sports massage. Massage circulo and massage frirage is very different, on the basis that the possible effect of the change in enzyme levels of immunoglobulin also the result is different. Given the importance of the positive impact of Massage Sports, Massage Circulo and Massage Frirage it is essential to student IKOR FIK UNY who have a long weight to obtain treatment massage on a regular basis to prove the truth meant by conducting research laboratory under the title The difference Effectiveness Massage Sports, Massage Circulo, and Massage Frirage Against modulation levels of Enzyme Immunoglobulin A (IgA) in Student IKOR FIK UNY. The problem in this research is Which among the three types of sports massage, circulo, and frirage most effectively to changes in levels of enzymes Immunoglobulin A (IgA) in IKOR FIK UNY students?

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METHODS

This study is a quasi-experimental research (Quasi-Experimental) with the design of the initial test and final test (Pretest-Posttest Design). The division of the group in this study using ordinal pairing techniques. Data obtained through tests and measurements has validity and reliability and has been processed by Multivariate Analysis of Variance test form "MANOVA" (Sugiyono, 2014: 116-117).

RESULTS AND DISCUSSION

Based on statistical analysis MANOVA (Multivariate Analysis Of Variance) Estimates of Marginal Means sports massage treatment, massage treatments frirage, circulo and massage treatment, it can be concluded that the most effective way to increase levels of IgA enzyme is sports massage. This is due to a physiological 1). massage sport more capable widens blood vessels due to the types of techniques mainstay massage, fingers and hands are used, the amount of manipulation of the massage, the direction of movement of the massage, the initial position of massaging, the rhythm of the pressure and the sequence location of massage which starts from the position of bigger muscles and more many of which are rear of the body, as well as on the massage early in limb position the top of the first (if massage circulo and massage frirage starting from the supine position and from the lower leg that is foot print towards the upper leg) for the smooth running of the blood circulation so the conducting circulation blood faster, 2). also with sports massage makes the receptors under the skin in the form of fibers nerve C more quickly headed to the central nervous system, especially in the secretion of the hormone to trigger unique components of adaptive immunity are cells called lymphocytes. Patrick Ward, MS CSCS LMT., (2009) pointed out that massage may offer potential benefits for the immune function, no significant changes in salivary immunoglobulin A (sIgA), according to Arroyo-Morales M, et al., (2009) sIgA secretion levels more high after the intervention of recovery in the massage group.

Mark Hyman Rapaport, et al., (2010) put forward a single session of Swedish massage therapy produces measurable biological effects. Massage increases the number of lymphocytes circulating for immunity and lowers interleukin IL-4, IL-5, IL-10 and IL-13. Noto Y, Kudo M, Hirota K., (2010) In healthy volunteers, a foot massage significantly increased both saliva and sIgA CGA.

CONCLUSION

Based on the formulation of the problem and the results of the discussion can be concluded that the treatment of sports massage is more effective than massage treatments and massage circulation to increased levels of enzymes Immunoglobulin A (IgA) in IKOR FIK UNY students.

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