



## Sport Massage Method Training as an Effort to Increase Active Lifestyle Awareness of Productive Age Women

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### Abstract

This community service programme aims to increase awareness of healthy lifestyles in productive-age women through training in the sport massage method. The partner in this activity is the Regional Leadership of Aisyiyah Bandung City, an organisation that has concerns for women's health and welfare. The training was designed to provide an in-depth understanding of the importance of physical health, especially through sport massage, which can help reduce muscle tension, improve blood circulation, and restore the body's condition after physical activity. As such, the training is expected to foster awareness of the importance of adopting a healthy and active lifestyle among women of productive age, ultimately contributing to the improvement of their quality of life. The methods used in this training include counselling, hands-on demonstrations, and interactive practical sessions, so that the participants can easily understand and apply sport massage in their daily lives. The results of this activity showed an increase in participants' knowledge and skills in performing sport massage, as well as increased awareness of the importance of a healthy lifestyle.

**Keywords:** Sport Massage, Healthy Lifestyle, Productive Age Women, Aisyiyah Training

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## A. Introduction

West java is one of the largest provinces in Indonesia. west java is the centre of the development of sports and sports *industry* (*based on blabla*). in sports and sports industry, there is a sport massage that can support the quality of physical fitness of an athlete and the general public. West Java has held many *sport massage* trainings in various regions. one of the reasons for the large number of trainings held in West Java is the large number of human resources (Badan Pusat Statistik, 2018 - 2020). In addition, West Java has many places that are easily accessible. Although West Java is an area that is advanced in the development of sports and *sports industry*, there are still many people who do not know and are aware of the importance of sports *massage* both in sports activities and daily activities. many people in West Java suffer from joint diseases or injuries due to daily activities. in the 2018 Riskesdas data, there were 8.86% of people diagnosed with joint diseases. while people who experienced injuries were 8.7% of the total population of West Java (RISKESDAS National Report, 2018). In addition, due to the Covid-19 condition, many people work from home (*Work From Home*) and stare too long at electronic devices such as laptops, so many

people feel muscle tension, especially in the neck to the waist.

In 2019 there was a study that showed the results that as many as 68% of female samples stated that they experienced pain due to work (Zafar et al, 2019). Meanwhile, only 43% of male samples stated that. In addition, there are other studies which state that gender has a significant influence on *musculoskeletal* disease. As many as 58.8% who experienced complaints of *musculoskeletal* pain were women, while men were only 41.2% (Helmia et al., 2019). This is influenced by physiological factors such as differences in muscle mass and hormonal strength.

*Sport massage* is one of the traditional treatments that can reduce *musculoskeletal* pain, because *sport massage* has many benefits that can be felt by people who have been given this *treatment* . The effect of *sport massage* can be felt directly through the pressure applied regularly through the movements or techniques used so that the dilated blood vessels can facilitate blood circulation which is very influential for health. The benefits of sport massage can improve blood and lymph flow in the body, calm the mind and soul (Vitahealth, 2006; p. 116).

Based on this, sports organisations and universities in West Java organised training

to socialise the importance of sport massage for health. In addition, the foundation of higher education in organising these activities is the implementation of the Tri Dharma of higher education in the form of community service, namely *sports massage* training for the people of West Java, especially women of productive age in West Java. This training is expected to be useful for the community to eliminate discomfort in the body and reduce *stress* when doing work activities.

## **B. Methods**

The location of the community service that has been carried out is in the city of Bandung. We partnered with the Regional Leadership of Aisyiyah Bandung City. Aisyiyah Bandung is a religious women's organisation that is an autonomous organisation of Muhammadiyah. Aisyiyah Bandung has its office or secretariat at Jalan Kadipaten Raya Antapani Bandung. The Regional Leadership of Aisyiyah in Bandung city has 20 Aisyiyah Branches that are at the same level as the sub-districts.

The training on sport massage method as an effort to increase the lifestyle awareness of productive-age women was attended by 38 participants with various professions such as housewives, teachers or entrepreneurs, with an age range from 32 to

69 years old. These participants are activists of organisations both at the Regional and Branch levels. Their activities show that they are busy in their daily lives as women who work, take care of their families and organisational activities.

The method used to socialise this sport massage method is with the following stages:

### **a) Identification Process**

At this stage, the community service team analyses the program or material to be provided in PKM activities. The material to be provided is about the *sports massage* method.

### **b) Activity Planning**

Planning this activity is a strategy that is prepared with the intention of overcoming problems in the surrounding environment. This activity also includes planning the type of activity, the time of implementation of the activity, and the method of implementing the activity based on the results of the identification process.

### **c) Activity Implementation**

This activity is the implementation of the activity plan that has been prepared. This activity includes providing material in the room, demonstration, practice by trainees, discussion and evaluation.

**C. Result and Discussion**

**Result**

The implementation of this PKM was attended by participants from various

backgrounds. The results of the analysis of the biodata provided by the participants can be seen in the following diagram:

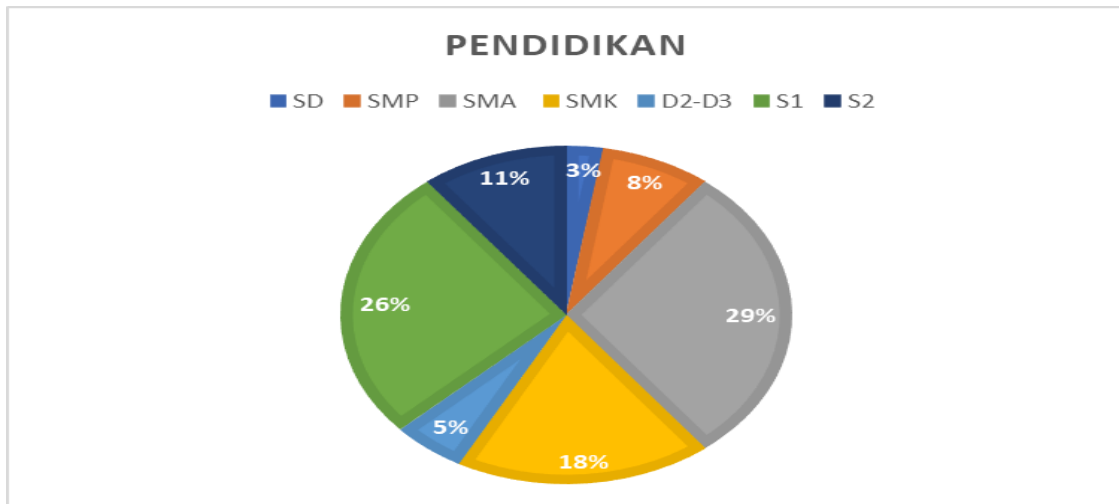


Figure 1: Diagram of Participant Characteristics by Education level

From the diagram above, it can be seen that the characteristics of participants based on the highest level of education are S2 with a percentage of 11%, followed by S1 as much as 26%, SMA 29%, SMK 18%, SMP 8% and SD 3%. Based on this level of education, the highest number of

participants are high school graduates, especially if added with SMK to 47%.

To find out the characteristics of participants based on the type of work, the following can be depicted in the diagram Figure 2:



Figure 2: Diagram of Participant Characteristics by Type of occupation

From Figure 4, it was found that the most common type of work of the participants was housewife at 50%, then as a teacher at 31%, in addition there were tailors, traders,

retirees, tenders and social workers. The characteristics of participants based on age are depicted in the following histogram:

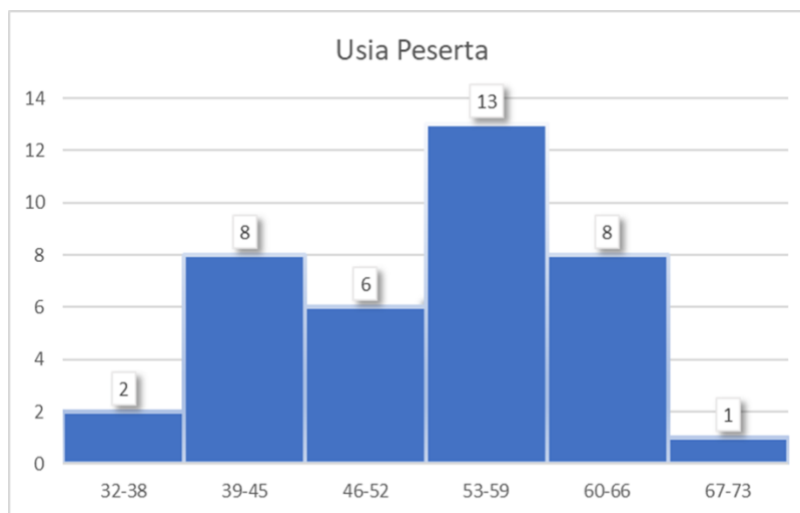


Figure 5: Histogram of participant characteristics by age

From the histogram, it is illustrated that the age range of the most participants is the age of 53-59 years, there are 13 people, then ages 39-45 and 60-66 years each 8 people, then ages 46-52 years 6 people and for ages 32-38 there are two people and productive women at the age of 69 years there is one person. Based on the This community service activity provides benefits, is useful and adds knowledge by 61.53%, interesting, good, fun, amazing and creative are 23.07% and those who really want a follow-up to this training are 15.38%. This shows that the training of the sports massage method to improve healthy lifestyles for women of productive age has a significant impact on the community,

especially women in knowing what the sports massage method is, its benefits and uses and how to practice it.

The outcome of this training programme is an increased understanding of *sport massage* and a higher motivation to maintain physical health through sports activities and proper body care. This programme is expected to have a long-term impact in improving the quality of life of productive women in Bandung City.

Supporting factors for the implementation of this training include the suitability between plan and realisation, which includes time, location, budget, infrastructure, and human resources. In terms of time, the training, which was

originally planned for July, was finally held on Saturday, 10 August 2024, due to adjustments to the place and time availability of partner organisations. The location used was in accordance with the plan, although the outreach planned for West Java ultimately only involved participants from Bandung City. The budget provided was sufficient for the training, but there was still a shortfall for programme follow-up. The infrastructure used was not ideally adequate, although the human resources, both resource persons and the organising committee, were considered qualified and good enough.

However, several obstacles were encountered during the training, such as the participants' lack of knowledge and understanding of the benefits of *sport massage*, which can lead to low motivation and interest in participating in the training optimally. In addition, limited facilities, equipment, and training materials, such as *massage* tools, became obstacles in the implementation. Budget limitations also narrowed the space for providing adequate facilities. Another obstacle was the regional coverage that only involved participants from Bandung City, while the initial target was women of productive age throughout West Java. It was also a challenge to ensure participants' commitment to complete the

training, given their busy schedules. In addition, differences in participants' backgrounds and knowledge levels can make the delivery of material less effective if it is not tailored to the needs of each individual.

To overcome these obstacles, several steps were taken, such as conducting intensive initial socialisation about the importance of *sport massage* through social media, pre-training seminars, or online educational materials. Efforts to procure facilities and equipment were made by working with sponsors or related agencies, as well as utilising local resources. To address regional coverage, the training was focused centrally in Bandung City and supplemented with online materials. The training schedule was organised flexibly so that participants could adjust to their busy schedules. Interactive and participatory training methods, such as group discussions, hands-on practice, and experience sharing, were also applied to cover a wide range of participants' backgrounds, with the support of mentors or facilitators to provide personalised guidance.

The participants were very enthusiastic in joining the training, especially during the discussion and experience-sharing sessions. They found this activity useful for first aid

when injured, tired, or feeling out of shape. After practising *sport massage*, the participants became more confident and hoped to open a specialised Muslimah *massage* therapy practice. Participants also suggested a continuous follow-up training, so that the PDA of Bandung City can establish a Muslimah *massage* centre in each PCA (sub-district) spread across 22 sub-districts in Bandung City.

#### **D. Conclusion**

This community service programme provides participants with an increased understanding of sport massage, as well as higher motivation to maintain physical health through sports activities and proper body care. This programme is expected to have a long-term impact in improving the quality of life of productive women in Bandung City. For this reason, it is recommended that this training continues so that it has an economic impact that can support the progress of partner organisations.

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#### **F. Conflict of Interest**

This research is declared to have no conflict of interest.

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