

ABSTRACT

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THE EFFECTIVENESS OF ICE MASSAGE AND PASSIVE STRETCHING FOR DELAYED ONSET OF MUSCLE SORENESS (DOMS) ON MEMBER OF THE FUTSAL PLAYING IN SENIOR HIGH SCHOOL OF KLEGO BOYOLALI	
ABSTRACT	
<p>Background: Delayed Onset Muscle Soreness (DOMS) often occur to every individual the excess after activities, including members of the extracurricular futsal in SMA N 1 Klego. A given intervention, namely in the form of ice massage and passive stretching. Objectives: To know the effectiveness of administering ice massage and passive stretching of Delayed Onset Muscle Soreness (DOMS). Method: The methods used in the study are true experimental with pre test-post test two group design. The sample are 40 students that divided into two groups, the group of ice massage dan passive stretching. The subject is doing the exercise with up and down the bench as much as 15 times with 5 tims repetition. After the exercise, subject given a treatment with ice massage and passive stretching. The measurement of DOMS is using talag scale, where the measurement is carried out before and after treatment. Result: The result obtained in the application of ice massage and passive stretching using marginal homogeneity is $<0,001$ ($p<0,05$) wich means there is influence the granting of ice massage and passive stretching toward DOMS. Difference group ice massage and passive stretching of 0,660 wich mean that there is no difference to the influence of ice massage with passive stretching. Conclusion: Viewed from the results of the data retrieved can be concluded that the awarding of the ice massage and passive stretching effect on DOMS, and all interventions provided proven efektif against DOMS.</p>	
<p>Keyword: Delayed Onset Muscle Soreness, Futsal, Ice Massage, Passive Stretching</p>	