

AWARENESS OF SPORT MASSAGE THERAPY AMONG UNIVERSITY LEVEL FOOTBALL PLAYERS IN PAKISTAN

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Abstract

Sports massage is very common among the athletes of developed nations. Since many of studies have been conducted and revealed positive benefits of Sports massage (SMT). The results of different studies show that it improves health, enhance immunity, speedy recovery after an injury, and after intensive training. This study is aimed to investigate the knowledge of university level athletes in Pakistan about the concept of Sport Massage Therapy (SMT). 125 participants were participated in this study, the sample was selected using convenient sampling technique and data was gathered using sport massage questionnaire developed by Lloyd Leach and Mignon Schilz. The results show that there is very little awareness and knowledge about Sport Massage Therapy among the University Football Players. The results of this study also indicate athletes perceive that sport massage helpful in rehabilitation and just an event of enjoyment. It was concluded on basis of results that athlete have very little knowledge about the role of sport massage in Sport Performance.

Key Words: Sport, Massage, Sport massage Therapy

Introduction

The role of Sport massage therapy (SMT) has positive effect on the health-care system (Leach, Schilz, Bodywork: Research, & Practice, 2020) . The sports massage therapist also promotes improved health, possibly immunity, recovery, and palliation (Simatupang, Harahap, &

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Ritonga, 2020). Sport Massage Therapy appears to be one of the most commonly used methods to help with recovery after intensive training (Best, Hunter, Wilcox, & Haq, 2008).

In one study, 54% of physicians completed out the questionnaire and 68% had little or no knowledge of sport massage (Verhoef & Page, 1998). However, most physicians indicated that the sport massage had positive effects, qualities, and results (Verhoef & Page, 1998). but many Coaches, players, and sports medicine professionals have different beliefs based on their own observations and personal experience about the sport massage (Sugiharto & Sulaiman, 2020). It is noticed that decrease in muscle stiffness, increased in flow of blood as well as psychological effects such as overcoming anxiety and betterment in emotion regulation and sense of well-being have also improved by sport massage (Verhoef & Page, 1998). sport massage produces positive psychological effects on performance and decreases risk of injury but not clear that massage can decrease risk of injury and increases physical performance before training session (Weerapong, Hume, & Kolt, 2005). So, athletes performance and risk of injury can be reduced by helping them with sport massage (Verhoef & Page, 1998). Over the past decade, sport massage has become increasingly popular in everyday sports. Athletes are now choosing to incorporate it into training regimens as a way to achieve performance and gain (Hammacott, 2014). Sport massage has revealed positive effects, such as assisting in career extension and life of athletes and to generally avoid possible injuries between the professional athletes and amateur athletes (Salvary, 2007). Athletes with disabilities shared how sport massage reduces muscle tension (Salvary, 2007). Sport massage is also thought to have a positive effect on sports performance (Salvary, 2007). From the perspective of athletes, it is essential for them all to recognize what they understand about sport massage and the way they are treated. Findings suggested that sport massage has begun to expand vastly and that athletes 'knowledge about sport massage has increased (Dinsdale, 2010).

Though the trend of Sports massage is increasing in other countries around the world, athletes and other sports people like to incorporate Sports massage into their practice sessions. Nevertheless, in Pakistan, athletes have a low trend of incorporating Sports massage into their training, despite the fact that many studies have found positive effects of Sports massage on overall performance.

The purpose of this study is to assess university football players' understandings of Sports massage. Athlete performance is important in sports competitions to win a game, and sport massage has a positive effect on player performance. As a result, this study assists athletes in understanding and incorporating Sports massage into their training sessions, as well as increasing the prevalence of sport massage in Pakistan.

Literature Review

Sports massage is used both before and after events to help athletes perform, relieve fatigue, and recover (García-Sillero et al., 2021). Increased blood flow to the muscles can accelerate oxygen delivery, increase muscle heat, and increase blood pH levels, which then boost exercise performance (Cafarelli & Flint, 1992). In theory, increased muscle blood flow is required to aid in the removal of waste products following exercise, and this increases the distribution of protein and other nutrients needed for repair (Tiidus, 1999). Increased lymph circulation can reduce post-exercise numbness, swelling, and stiffness by bringing down muscle interstitial content material, resulting in less muscle discomfort (White et al., 2020). Notwithstanding, there is no evidence to support these concepts, and the few studies on massage and blood flow have managed to find no increase in blood flow. A search of the literature yielded only two studies on the effects of pre-exercise massage on overall performance. Wiktorsson-Moller, Öberg, Ekstrand, and Gillquist (1983) revealed that 6-15 moments of Petrissage, performed to promote relaxation, comfort, and ease, lessened muscle strength. Even though, the author tested muscle strength with isokinetic movement. Muscle function tests, according to research, are unsuitable for monitoring performance (Murphy & Wilson, 1997). Following an 8-week weight-training program, there were no relationships between the percentage of changes in muscular function tests (concentric and eccentric compression of Isoinertial and Isokinetic tests) and changes in efficiency (sprinting and cycling) (Murphy & Wilson, 1997). Another study involving 14 sprinters and 30 minutes of whole-body, Swedish pre-exercise massage, including effleurage, petrissage, and tapotement, found that mean stride frequency was not considerably different between the massage and control organizations (Harmer, 1984). It should be noted, however, that the outright stride frequency was obtained in the trial immediately following the massage. To determine functionality, stride frequency must be paired with stride length.

One of the most significant benefits of sport massage has always been thought to be the way to manage tiredness and reduce recovery hours particularly throughout contest intervals, thus perform better before the next celebration. Despite the fact that many pro Athletes realize that massage is significant for win (Cinque, 1989) (Samples, 1987). Sports Massage effects are already being questioned. Some physical markers can be improved by massage therapy (Balke, 1989). However, According to some studies, there is no effect on any type of recovery factors. (Hemmings, Smith, Graydon, & Dyson, 2000).

Several studies explored the role of massage on the healing process by using massage therapy between sports sessions. Nevertheless, these findings had some limitations, which resulted in inconclusive data. Monedero and Apporte are two examples (Monedero & Donne, 2000). As a result of the genuine positive effects of specific massage treatments are also unknown, despite the use of combination treatments (active exercise and massage).

Sports massage is being used for centuries to help to treat injuries (Braverman & Schulman, 1999; Callaghan, 1993; Goats, 1994; Tiidus, 1999). It is thought that sport massage aids in muscle tension. (Nordschow & Bierman, 1962; Wiktorsson-Moller et al., 1983), Muscle tensile strength and discomfort have both been reduced (Dubrovsky, 1983; Smith et al., 1994; Tiidus & Shoemaker, 1995), speeding up the healing process (Starkey, 1976), and as a result, continued to improve athletic performance (Rinder & Sutherland, 1995; Viitasalo et al., 1995; Zelikovski, Kaye, Fink, Spitzer, & Shapiro, 1993). Sport massage is also thought to provide a soothing, sedative, and invigorating sensation, as well as to instill confidence in an athlete as a result of the positive activation inside the body (Hemmings, 2000a, 2000b; Hemmings et al., 2000; Weinberg, Jackson, & Kolodny, 1988). Sport massage may be a method of preventing severe injuries caused by aberrant tissue settings as well as chronic injury suffered by wear and tear by rearranging the muscle tissue (Cinque, 1989). As a result of these suggested benefits, hand - operated massage may be a beneficial form of treatment for athletes who use their muscles strenuously to improve performance and prevent injury. Sports massage may speed up beneficial performance aspects including stable muscle, combinatorial tissues, and normal movement (Benjamin & Lamp, 1996). Massage is used to reduce great performance factors like poorly functioning muscle mass and associated tissue function, immobility, pain, and discomfort (Benjamin & Lamp, 1996). As a result, precautionary care such as sports massage is

frequently aimed at assisting athletes physically and mentally prepare for any upcoming event (Tappan & Benjamin, 2005).

Research Hypothesis

Based on the literature reviewed above, the following hypothesis has been developed and tested.

H1: there is a positive understanding about Sports massage among university players of football.

Design and Methods

Quantitative, cross-sectional design was adopted for this research study. The study's target population consists of university-level football players with age limit from 18 to 30 years old. Convenient Sampling technique is used to collect data via Google form. The data was collected using sport massage questionnaire developed by Lloyd Leach and Mignon Schilz. Descriptive statistics is used to analyze the data by calculating Mean values, and Standard Deviation values through Microsoft Excel version 2019.

Results and Analysis

As it has been discussed in Design and Method section that, Convenient sampling method was used for this study. the total number of participants were 125 university level football players.

In this section data is analyzed by calculating Mean, and Standard Deviation Values.

Table 1: Means and Standard Deviation

Questions	Mean	Standard Deviation
Where did you find out about sport massage?	2.456897	0.981501
I enjoy receiving sport massage?	1.512	0.550835
Does sports massage increase muscle strength?	1.776	0.699564
Sports massage makes me feel relaxed?	1.512	0.496087
What are the three (3) main sport massage techniques?	1.832	0.759202
Which body region is usually massaged?	2.008547	1.283152
According to you, what is the most important benefit of sport massage?	2.940171	1.493033
What is the distinction between a physiotherapist and a sport massage therapist?	2.29661	1.142118
Does sport massage make you feel temporarily better?	1.128205	0.335756
How often do you receive sport massage?	2.65812	1.218835

Table 2 estimates that nearly 90% of respondents acknowledged that sport massage increases muscle strength and that they started to enjoy receiving sports massage. Over than 95% of all those who received sport massage agreed that it relaxed the body, which resulted in less muscle fatigue and improved performance.

Table 2: Acknowledgement of Sport Massage Therapy

Questions	Strongly Agree	Agree	Disagree	Strongly Disagree
	Agree			Disagree
I enjoy receiving sport massage?	64	58	2	1
Sport massage increases muscle strength?	44	67	12	2
Sport massage makes me feel relaxed?	68	49	5	3

According to Figure 1, the greatest benefit of sport massage was considered by 35.2% of respondents to be thought relief in pain, and/or discomfort as well as 13.4% respondents thought sport massage treats injury. sport massage lessened muscle stiffness and increased range of motion (by 14.4%), and also lowered time to recover and continued to increase peripheral blood flow (26.4%). sport massage was thought to be beneficial psychological (12.8%). By 0.8 percent, a very small number of respondents claimed no benefits from sport massage.

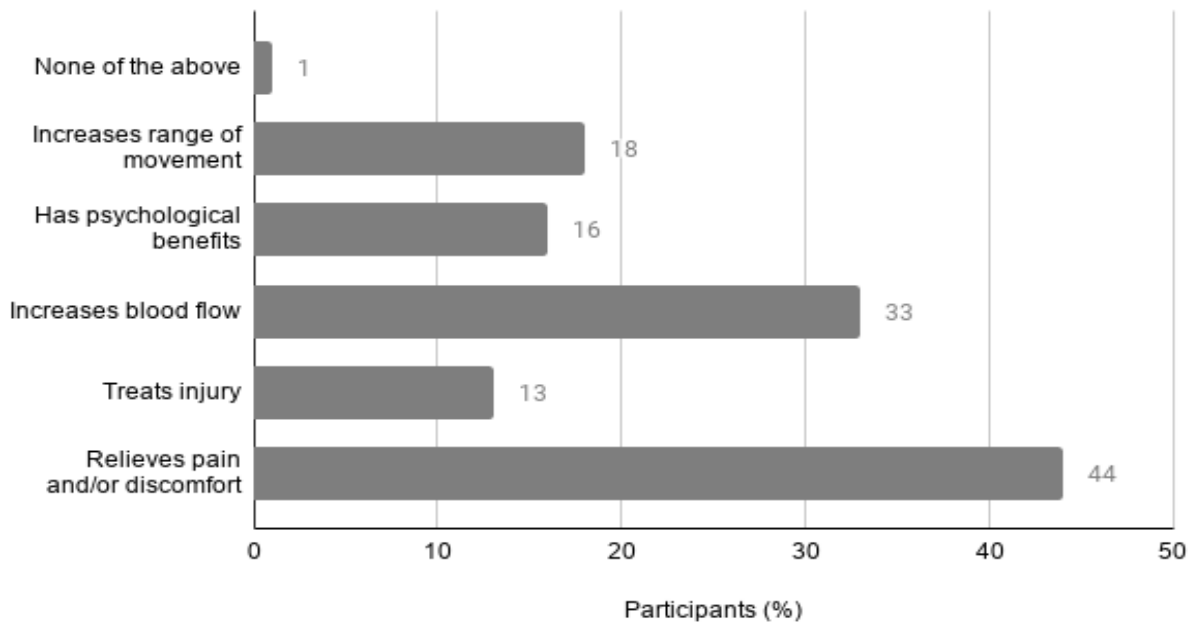


Figure 1: Percentage of participants who understand the advantages of sport massage.

The three main sport massage techniques are depicted in Figure 2: Petrissage, Effleurage, and Tapotement. Findings demonstrated that many participants were know about one technique of sport massage (38.4%) and 40% were know about two techniques of the sport massage, and 21.6% were know all three sport massage techniques.

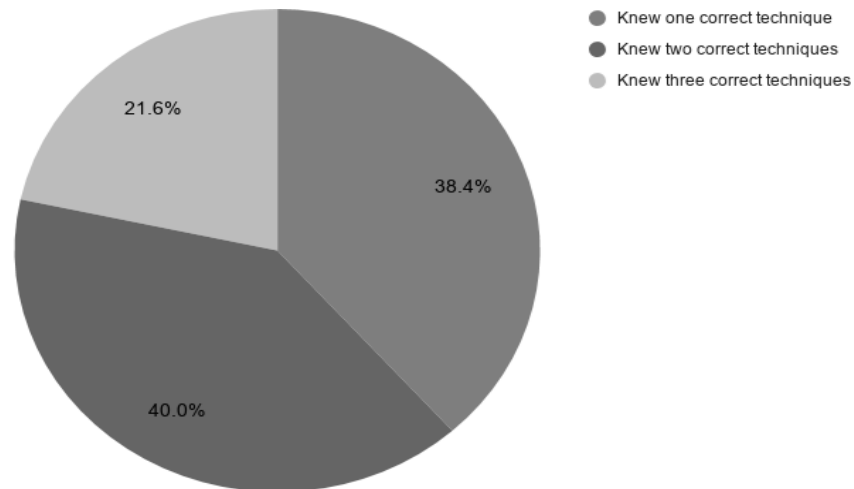


Figure 2: Participants' knowledge of the 3 main sports massage techniques.

Figure 3 shows that the full back (49.6%) were the most frequently chosen body region for sport massage by participants, followed by the thighs (22.4%), lower back (16%), hamstring (7.2%), and glutes (4.8%).

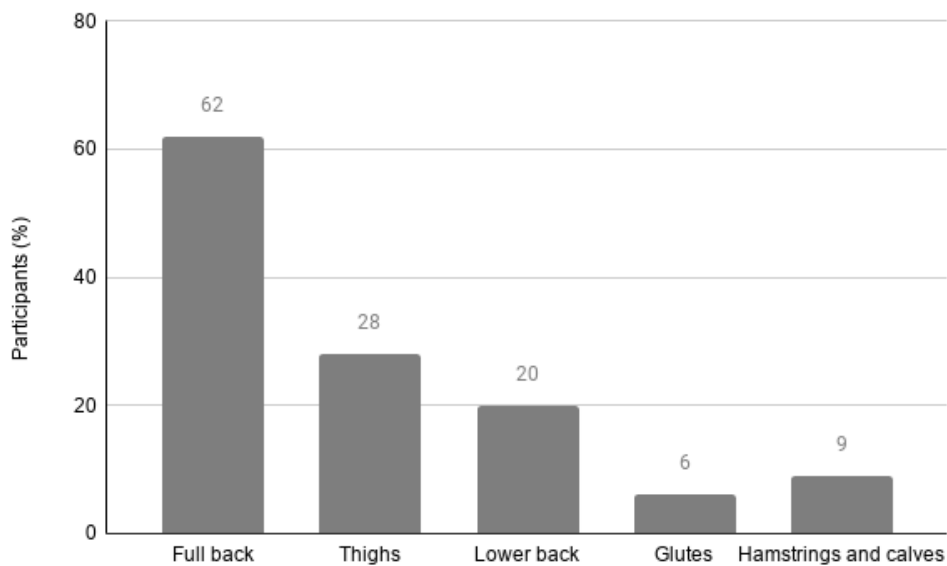


Figure 3: By using sport massage therapy, the body's general regions are massaged.

According to Figure 4, 23.2 % believed that a physiotherapist just did work with sports injuries, whereas 24% thought a therapist for sports massage only managed to work with uninjured athletes. The majority of the participants believed that both the physiotherapist and the sport massage therapist worked not only with athletes, but also with the general public (20%). Several participants stated that by 32.8 %, there was no disparity between a sports massage therapist and a physiotherapist.

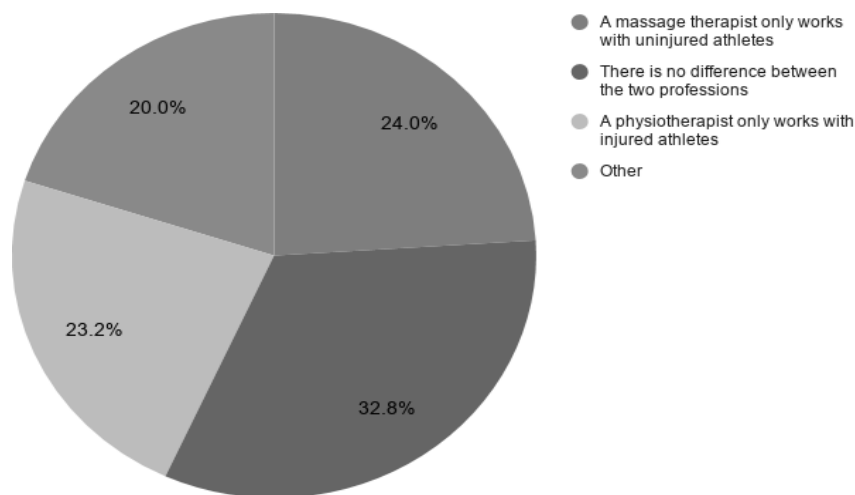


Figure 4: Participants' understanding of the distinction between a sport massage therapist and a physiotherapist

Figure 5 shows that 33.6 % of most participants received Sports massage when they began to feel a need for it, whereas 30.4% of the respondents received it just at the event and 26.4% of athletes received it once a week. By approximately 10%, a very minority of participants received it once a month.

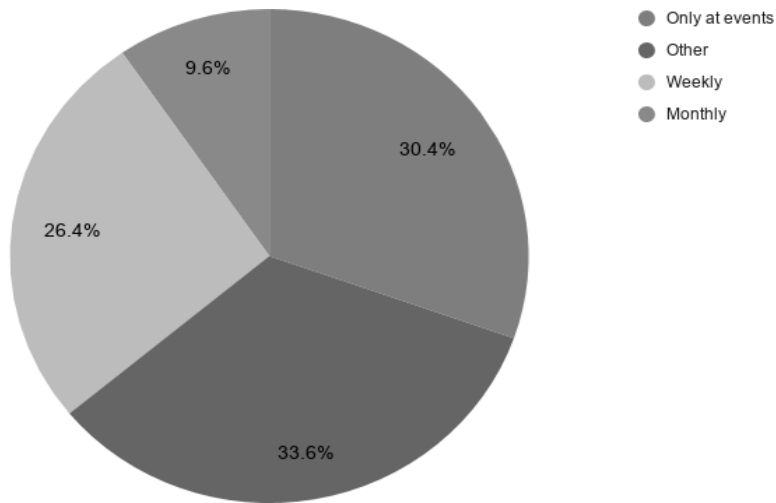


Figure 5: the proportion of participants who underwent Sports massage.

Figure 6 shows that 26.4% of participants discovered about Sports massage from friends or family. The majority of participants (36%) got to know about sport massage from the internet, while 20.8% found about it during an event. Approximately 17% of participants obtained information from multiple sources other than the Internet, friends/family, or events.

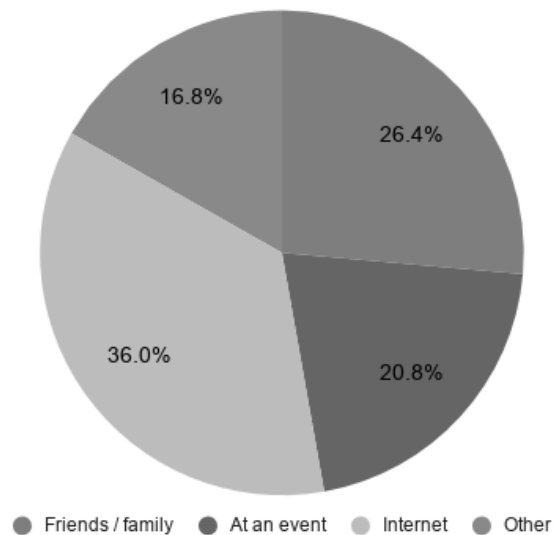


Figure 6: Sources, Participants used to learn about Sports Massage

Discussion

Athletes frequently experience muscle fatigue during and after sport training, as well as during and after sporting events (SPORTS, 2005) also reported that sport massage can become an important treatment for muscle fatigue because of its capacity to affect fluid movement within deep muscle tissue and, as a result, improve nutrient flow and waste removal to promote muscle recovery. Sport massage is being used for centuries to help prevent and treat injuries (Braverman & Schulman, 1999; Callaghan, 1993; Goats, 1994; Tiidus, 1999). Sports massage is being used for centuries to help to treat injuries (Braverman & Schulman, 1999; Callaghan, 1993; Goats, 1994; Tiidus, 1999). It is thought that sport massage aids in muscle tension. (Nordschow & Bierman, 1962; Wiktorsson-Moller et al., 1983), Muscle tensile strength and discomfort have both been reduced (Dubrovsky, 1983; Smith et al., 1994; Tiidus & Shoemaker, 1995). According to the current study, more than 95% of people who participated agreed that sport massage elevated blood circulation, which resulted in less muscle tiredness as well as felt more relax after receiving sport massage. People who participated also stated that following sport massage, they felt an increase in range of motion, relief from discomfort or pain, and psychological benefits.

Conclusion

The study's participants came from a well-known sport "Football", which they played at the university level. The age range of the participants ranged from 18 to 30 years. Prior to answering the questionnaire, all of the study's participants (125) had gained sport massage therapy at least once and were familiar with the technique.

90% believe that sport massage muscle strength, among these 95% were off the view that it relaxes the body and increases performance. Large number of participants believe that sport massage only be used for pain relief. This indicates that athletes are less aware to the use of Sports massage (SMT). Since there are three main sports Massage techniques including effleurage, petrissage, and tapotement. Most of the participants were only aware with all Massage techniques (78.4%). It is also evident that most major number of participants frequently chosen full back region of their body for massage. Several participants were believing that there is no distinction between sports massage therapist and physiotherapist. Majority of athletes received massage therapy when they feel the need for it (in injuries). The main source about the learning of Sports massage was Internet as compared to other sources including family/friends, and sports events.

This clearly indicates that there is very less awareness of Sports massage (SMT) among the university football athletes in Pakistan. While keeping in view the importance of massage therapy for football players, it is recommended that awareness campaigns may be started during the sports events. Universities can play a vital role in this regard by conducting awareness seminars, conferences and athletes/ coach's development programs.

Authors suggest that the future research studies may be undertaken about knowledge and perception of Sports massage by increasing the scope of study, as authors were limited to approach the university Athletes in the vicinity of Lahore city. Moreover, same research can be undertaken with different age groups as well.

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