

ABSTRAK

DAMRIN MUHADDAS HRP, NIM 6212210004. “Pengaruh Pemberian *Sport Massage* Terhadap Penurunan Denyut Nadi Atlet Renang Klub Tirta Prima Medan”. (Pembimbing: Puji Ratno, S.Si., M.Pd). Skripsi, Fakultas Ilmu Keolahragaan (FIK), UNIMED Tahun 2026.

Penelitian ini bertujuan untuk mengetahui pengaruh pemberian *sport massage* terhadap penurunan denyut nadi setelah latihan atlet renang Klub Tirta Prima Medan. Penelitian ini menggunakan metode kuantitatif dengan pendekatan *quasi* eksperimen, menggunakan desain *one group pre-test-post-test*. Penelitian ini dilakukan di kolam renang Selayang Medan pada klub renang Tirta Prima Medan. Sampel penelitian ini adalah atlet KU I dan KU II berjenis kelamin laki-laki dan berjumlah 8 orang yang dipilih menggunakan teknik *purposive sampling*. Instrumen pengumpulan data menggunakan tes pengukuran denyut nadi dengan teknik palpasi pada titik nadi radialis dengan bantuan alat ukur waktu *stopwatch*.

Hasil analisis data dengan uji *paired sample t-test* menunjukkan terdapat perbedaan yang signifikan antara hasil *pre-test* dan *post-test* dengan nilai sig 0,000. Perbandingan nilai *t* hitung (77.809) dengan nilai *t* tabel (2.365) menunjukkan nilai *t* hitung > *t* tabel sehingga maka dapat disimpulkan bahwa perbedaan antara hasil tes denyut nadi *pretest* dan *posttest* adalah signifikan. Hal ini dibuktikan melalui nilai rata-rata *pretest* adalah 178,5 denyut per menit, sedangkan nilai rata-rata *posttest* adalah 85,5 denyut per menit, dengan selisih rata-rata sebesar 93 denyut per menit standar deviasi sebesar 5,63. Dengan demikian, dapat disimpulkan bahwa pemberian *sport massage* sebagai pemulihan setelah latihan membantu mempercepat penurunan denyut nadi atlet dan membantu proses pemulihan atlet dari kondisi kelelahan pada atlet renang Klub Tirta Prima Medan.

Kata Kunci : Denyut Nadi, *Recovery*, Renang Gaya Bebas, *Sport Massage*

ABSTRACT

DAMRIN MUHADDAS HRP, NIM *The Effect of Sport massage on the Reduction of Heart Rate in Swimming Athletes of Tirta Prima Club Medan, (Supervisor: Puji Ratno, S.Si., M.Pd), Thesis, Faculty of Sports Science (FIK), State University of Medan (UNIMED), 2026.*

This study aimed to determine the effect of sport massage on reducing heart rate after training among swimming athletes of Tirta Prima Medan Club. The study employed a quantitative method with a quasi-experimental approach using a one-group pre-test–post-test design. The research was conducted at Selayang Swimming Pool, Medan, involving athletes from Tirta Prima Medan Swimming Club. The sample consisted of eight male athletes from Age Group I and Age Group II, selected using a purposive sampling technique. Data were collected through heart rate measurement tests using palpation at the radial artery point, assisted by a stopwatch as a time-measuring instrument.

The results of data analysis using the paired sample t-test indicated a significant difference between pre-test and post-test results, with a significance value of 0.000. The comparison between the calculated t-value (77.809) and the t-table value (2.365) showed that the calculated t-value was greater than the t-table value, indicating that the difference between pre-test and post-test heart rate results was statistically significant. This was supported by the mean pre-test heart rate of 178.5 beats per minute, while the mean post-test heart rate was 85.5 beats per minute, with a mean difference of 93 beats per minute and a standard deviation of 5.63. Therefore, it can be concluded that sport massage as a post-training recovery method helps accelerate the reduction of athletes' heart rate and supports the recovery process from fatigue among swimming athletes of Tirta Prima Medan Club.

Keywords: *Heart Rate, Recovery, Freestyle Swimming, Sport Massage*