

ABSTRACT

Level of Understanding Recovery of Bolatangan Athletes in Sumenep Regency. 2023. Tri Wahyudy, Febriyanto

Keywords: Level of Understanding Recovery, Handball

Recovery is very important, by doing recovery allows athletes to recover their physical and mental abilities. Based on the results of observations in the STKIP PGRI Sumenep field, researchers found a problem, namely that Sumenep Regency handball athletes did not recover after finishing training. In this study aims to determine how much understanding of the level of recovery of handball athletes in Sumenep district. Through good education about the importance of understanding recovery for athletes will have a positive impact on the handball athletes of the Sumenep district to support performance and achievement.

This study uses a quantitative descriptive type, with a survey method. The data collection technique is with the questionnaire "Level of Understanding Recovery". The sample used in the study used total sampling involving 20 Sumenep Regency handball athletes, 10 male athletes, and 10 female athletes. SPSS 26 software was used in processing data in this study.

This study shows the results of the level of understanding of recovery of Sumenep Regency handball athletes get a score of 3.07 for male athletes with good categories and 2.87 for female athletes with good categories. The level of understanding of the recovery process of handball athletes in Sumenep district gets a score of 3.16 for boys with good, and 3.26 for girls with very good categories. The level of understanding of diet and recovery techniques of Sumenep Regency handball athletes get a score of 2.3 for male athletes with less categories and 2.43 for female athletes with good categories. The level of understanding of rest patterns and knowledge about nutrition for Sumenep Regency handball athletes scored 2.6 for male athletes with a category of less and 2.7 for female athletes with less. The level of understanding of recovery is important for athletes and the signs of overtraining get a score of 2.4 for athletes in the less category and 2.53 for female athletes in the good category.

The conclusion of the research "Level of Understanding Recovery handball Athletes Sumenep Regency" get a score of 2.70 for male athletes and 2.75 for female athletes with the category equally good.