

## **ABSTRACT**

### ***THE INFLUENCE OF SPORT MASSAGE BEFORE TRAINING ON THE LEVEL OF BADMINTON BEHAVIOR ATLET PB. SAM MOBIL IN THE DISTRICT OF THE RODS 2019. 2020. FALES, IWAN.***

Kata kunci : *Sport Massage, Agility, Badminton.*

*Sports massage is important for someone to improve circulation, help absorption (absorption), secretion (expenditure) and facilitate the distribution of energy and nutrients into the tissues. our sport must balance it with a sport massage where sports massage is needed to reduce the risk of injury to our body. Especially badminton that requires agility. The purpose of the study was to determine the effect of Sports Massage before training on the agility level of PB badminton athletes. MOBIL SAM in Batang-Batang District in 2019.*

*The method in this research is quantitative descriptive research with pre-experimental analytic research design type and the approach is one group pretest-posttest. The subjects of this study were PB badminton athletes. SAM MOBIL Batang-Batang District with a total of 10 athletes. The instrument used in this study was a 40 meter back and forth agility test. The results showed the value of t table at a significance level  $\alpha = 5\%$  with df (10-1) or N (9), the t table value of 1.833 was obtained, while the results of ttung obtained at 8.375 meant that it was greater than t table at the significant level of 5 % with  $H_a$  thus accepted and  $H_0$  rejected. With a note if the value of t arithmetic is positive then: there is a difference in meaning if t arithmetic > t table is  $8.375 > 1.833$  so that it can be concluded there is an influence of sports massage on the agility of PB badminton athletes. SAM MOBIL Batang-Batang District in 2019.*