



**DEVELOPMENT OF A GUIDEBOOK ON BASIC MASSAGE TECHNIQUES  
FOR BEGINNERS FOR STUDENTS OF THE PHYSICAL AND PEDIGIC  
STUDY PROGRAM AT KARIMUN UNIVERSITY**

---

**Arief Fahmi, Rahmat Sanusi, Hari Adi Rahmad, Anggri Dwi Nata**  
**Penjaskesrek Fakultas Keguruan dan Ilmu Pendidikan Universitas Karimun**  
**(Naskah diterima: 1 October 2025, disetujui: 28 October 2025)**

*Abstract*

*This study aims to produce a product, namely a massage guidebook for physical education students at Karimun University. This book can function as a medium to strengthen understanding of massage material. This study uses a research and development (R&D) method that refers to the 5 steps developed in ADDIE, namely analysis, planning, development, implementation, and evaluation. The population and sample used were 8 5th semester students at Karimun University. The instrument was a questionnaire. Data analysis techniques used qualitative and quantitative descriptive. The average value for the validation criteria used the percentage of assessment scores. The validation results from material experts obtained a score of 92% with a very good description. The validation results from media experts obtained a score of 88% with a very good description. The results of the lecturer's response obtained a score of 98% with a very good description. There is a very significant influence of the use of the massage guidebook on students' understanding of massage in the knowledge or written test with the results of the t-test of 3.693 greater than the t-table value (1.860). There was also a significant effect of using a massage guidebook on students' understanding of massage in the practical test, with a t-test result of 2.740, greater than the t-table value (1.860).*

**Keywords:** *Massage Guidebook*

**Abstrak**

Penelitian ini bertujuan menghasilkan sebuah produk yaitu buku panduan massage untuk mahasiswa penjaskesrek Universitas Karimun. Buku ini dapat berfungsi sebagai media untuk memperkuat pemahaman mengenai materi massage. Penelitian ini menggunakan penelitian pengembangan (R&D) yang mengacu pada 5 langkah yang dikembangkan dalam *ADDIE* yaitu analisis, perencanaan, pengembangan, implementasi, dan evaluasi. Populasi dan sampel yang digunakan keseluruhan sebanyak 8 mahasiswa semester 5 Universitas Karimun. Instrumen berupa lembar kuesioner. Teknik analisis data menggunakan deskriptif kualitatif dan kuantitatif. Nilai rata-rata untuk kriteria validasi menggunakan persentase skor penilaian. Hasil validasi dari ahli materi mendapatkan skor 92% dengan keterangan sangat baik. Hasil validasi dari ahli media mendapatkan skor 88% dengan keterangan sangat baik. Hasil respon dosen mendapatkan nilai 98% dengan keterangan sangat baik. Terdapat pengaruh yang sangat signifikan dari penggunaan buku panduan massage terhadap pemahaman mahasiswa mengenai massage pada tes pengetahuan atau tertulis dengan hasil uji t hitung 3,693 lebih besar dari nilai t tabel (1,860). Terdapat pula pengaruh yang signifikan dari penggunaan buku



panduan massage terhadap pemahaman mahasiswa mengenai massage pada tes praktek dengan hasil uji t hitung 2,740 lebih besar dari nilai t tabel (1,860).

**Kata Kunci:** Buku Panduan Massage

## **I. INTRODUCTION**

Physical education is always linked to sports. According to Rahmad (2016), sports have become a necessity in this era of globalization. Sports are no longer just a way to fill leisure time but have become ingrained in all aspects of national life. Physical education is a form of learning that prioritizes field activities. According to Nata et al. (2022), the function of physical education is to prioritize physical activity and healthy living habits in daily life, which play a crucial role in fostering individual and group development, supporting harmonious and balanced physical, mental, social, and emotional growth and development.

Beyond the school level, physical education learning can also continue at the next level, such as college or university. At the university level, physical education lessons are taught in greater depth and cover more topics related to physical development, physical education knowledge, and health-related aspects. Health education can generally be defined as an effort to provide guidance to individuals regarding physical, mental, and economic health. In college or university, health education is studied in greater depth, particularly in physical education and health education programs. The health aspect studied at the university level, particularly in the Physical Education and Health program, involves anatomy as a preliminary introduction to body parts in greater detail. This is followed by courses on injury management and sports therapy. Injury management and sports therapy are considered crucial subjects in the health aspect of sports, as exercise is highly susceptible to injury. Injury management and sports therapy encompass numerous disciplines, and massage is a key component.

Massage is a hand-held technique that evokes a sense of calm and comfort in the recipient. Its goals and benefits include improving fitness, recovering from injuries, improving blood circulation, curing illnesses, and supporting athletic and professional performance. The Physical Education and Health program at Karimun University is one of the few programs to incorporate massage into its curriculum, making it a mandatory course for students. Massage is taught in the fifth semester, during which students also take other challenging courses and complete numerous assignments.

In observations and interviews conducted by researchers with lecturers and students of the Physical Education and Health Study Program at Karimun University, several students experienced difficulties in practicing the massage movements demonstrated by the lecturer. Students also lacked understanding and difficulty memorizing each movement due to the lack of books as learning media and each body part that is massaged is different from one another. In addition to the problems mentioned above, the general public's knowledge of massage is also minimal. To improve students' understanding of the massage movements taught by the lecturer, learning media is needed that students can use to support the massage lecture process. Media that can be used can be in the form of photos or learning videos. In addition, books can also be used as learning media that students use to support massage lectures. The book used must be clear and include photos of massage movements that students can exemplify. A guidebook on basic massage techniques for beginners is a book that contains things related to massage. This book explains the history, definition, and techniques used in massage, which body parts can and cannot be massaged, the steps involved, and other important information for those just starting out in massage therapy. This is especially important for Karimun University physical education and health students who have difficulty memorizing and practicing massage movements.

Based on the problems stated above, the researcher is interested in conducting a study entitled "Development of a Basic Massage Technique Guidebook for Beginners for Physical Education and Health Study Program Students at Karimun University." The researcher hopes that this research can produce a product that will be useful for Physical Education and Health Study Program students at Karimun University.

## **II. THEORETICAL STUDIES**

Massage is an art of hand movements aimed at improving fitness, recovering from injuries, curing illnesses, and supporting athletic and work performance. The effects of hand movements during massage create a sense of calm, comfort, relaxation, and refreshment for the body. According to Destriana et al. (2023), massage is an instinctive action performed through specific manipulations, such as kneading, rubbing, striking, and pressing, on specific body parts, producing physiological, prophylactic, and therapeutic effects. Based on this opinion, it can be concluded that massage is a systematic and comprehensive hand movement performed to produce health benefits for the recipient.

Massage has several purposes. According to Nuraini (2016), there are four purposes of massage:

1. Therapeutic purposes: therapeutic purposes can have a positive effect on pathological and post-traumatic conditions.
2. Cosmetic purposes: beauty purposes: improve blood circulation to the skin to prevent the formation of wrinkles and dry skin.
3. Health purposes: health purposes: normalize organ function and help prevent disease and disorders.
4. The aim of sports massage with the aim of sports is to maintain the body, repair or eliminate the effects of sports fatigue.

### **III. RESEARCH METHODS**

The research model used in this study is the Research and Development (R&D) method. According to Okpatrioka (2023), the Research and Development (R&D) model is a method or step for creating a new product or developing and refining an existing product, used to test its effectiveness.

The research and development conducted by the researcher involves developing a product in the form of a guidebook as a learning resource for massage courses specifically for students of the Physical Education and Health Education study program at Karimun University. Product validation will be carried out by material experts and media experts. It will then be piloted on Physical Education and Health Education study program students to determine the feasibility of the massage guidebook being developed in this study.

In this study, the researcher used the ADDIE (Analysis, Design, Develop, Implement, and Evaluate) model as a research design. The ADDIE development model is a system designed to ensure effective and efficient learning processes. This model will produce an evaluation of the learning development research process carried out to the next stage.

The data collection techniques used in this study included interviews, questionnaires, observation, and documentation. The population consisted of eight fifth-semester students in the Physical Education and Health Education Study Program at Karimun University. The subject matter expert in this study was Mr. Heru Setiawan, S.Pd., a physical education teacher at SD Negeri 002 Meral Barat. In addition to teaching, he also works as a masseur.

The design expert was Ms. Nurul Azizah, a graphic designer. She works as an editor at a print media shop producing posters, invitations, books, and banners.

This study employed both qualitative and quantitative data analysis techniques. Qualitative data were obtained from interviews with students who had taken the massage course regarding the learning media used, as well as from comments and suggestions from validators, media experts, lecturers, and students during the trial. Quantitative data consisted of product quality assessments obtained from validation questionnaires administered to validators, media experts, and students, as well as from trial questionnaires administered to students. The product quality assessments were ultimately translated descriptively into interval data using a Likert scale. Quantitative data was analyzed by calculating the percentage of scores obtained from filling out the validation questionnaire sheet. The formula used is as follows:

$$P = \frac{\sum x}{n} \times 100\%$$

The assessment categories for the material and media experts are shown in the following table:

Table 1: Validation Assessment Categories for Material, Media, Lecturers, and Students

<b>Tingkat Pencapaian</b>	<b>Kualifikasi</b>	<b>Tingkat Validasi</b>
81% - 100%	Sangat Baik	Sangat layak, tidak perlu revisi
61% - 80%	Baik	Layak, tidak perlu revisi
41% - 60%	Cukup Baik	Kurang layak, perlu revisi
21% - 40%	Kurang Baik	Tidak layak, perlu revisi
<20%	Sangat Kurang Baik	Sangat tidak layak, perlu revisi

#### **IV. RESEARCH RESULTS**

The results of this study relate to the established research problem, namely, how appropriate is the massage guidebook for students of the Physical Education and Health Education Study Program at Karimun University according to subject matter experts, design experts, and the responses of lecturers and students in developing massage guidebooks for students of the Physical Education and Health Education Study Program at Karimun University. The development model used in this study is the ADDIE model, with the stages of Analysis, Design, Development, Implementation, and Evaluation.

### **Analysis Stage**

The steps taken in this stage are as follows: 1) Developing a concept for the massage guidebook for students of the Physical Education and Health Education Study Program at Karimun University. 2) Identifying the content of the basic massage technique guidebook.

### **Design Stage**

This stage aims to design the basic form of the created media. The design will include the beginning, middle, and end sections.

### **Development Stage**

The massage guidebook will then be presented to subject matter experts and design experts. This was carried out in two stages: verification and revision of the massage guidebook, validation by subject matter experts, media experts, and massage lecturers, and field trials with students.

### **Implementation Stage**

At this stage, the product, which has been revised according to the recommendations of subject matter experts, media experts, and massage lecturers, will be piloted with students. The pilot test will consist of two tests: a written test and a practical massage test.

### **Evaluation Stage**

The evaluation stage is the final stage of the massage guidebook's use. At this stage, after the massage guidebook has been assessed for quality by subject matter experts, design experts, lecturers, and students, the massage guidebook can then be reproduced and used by students of the Physical Education and Health Education Study Program at Karimun University in their massage courses.

#### **1. Material Expert Assessment**

The results of the material expert assessment of this massage guidebook were conducted by Mr. Heru Setiawan, S.Pd., a physical education teacher at SD Negeri 002 Meral Barat. In addition to teaching, he is also a masseur. The material expert assessed the massage guidebook's content based on three aspects: content, presentation, and quality. The results of the material expert's assessment of the appropriateness of the massage guidebook's content are presented below:

Table 2. Material Expert Validation

No	Indicator	Skor	Keterangan
1	Kesesuaian materi dengan pembelajaran massage	5	Sangat Baik
2	Kelengkapan Materi dengan tujuan pembelajaran	4	Baik
3	Kesesuaian materi agar mudah dipahami oleh mahasiswa	4	Baik
4	Kemudahan memahami bahasa yang digunakan	4	Baik
5	Kesesuaian ukuran teks pada materi	5	Sangat Baik
6	Kesesuaian gambar dengan materi	5	Sangat Baik
7	Media mampu mengaktifkan pikiran dan kegiatan pembelajaran mahasiswa	5	Sangat Baik
8	Media menarik dan dapat mempermudah proses pembelajaran	4	Baik
9	Kesesuaian materi dengan media pembelajaran buku panduan massage untuk mahasiswa penjasokesrek	5	Sangat Baik
10	Ketepatan penggunaan media pembelajaran buku panduan massage untuk mahasiswa penjasokesrek	5	Sangat Baik
<b>Jumlah Skor Total</b>		<b>46</b>	
<b>Jumlah Persentase</b>		<b>92%</b>	<b>Sangat Baik</b>

According to the results of the material expert assessment questionnaire, the massage guidebook for physical education and health students at Karimun University received a score of 92%, which is considered very good.

## 2. Media Expert Assessment

Media expert validation was conducted by Nurul Azizah, a graphic design expert. She works as an editor at a print media company that produces posters, invitations, books, and banners. The assessment covered two aspects: quality and technical aspects. The results of the design expert assessment are presented as follows:

Table 3: Media Expert Validation

No	Indikator	Skor	Keterangan
1	Kualitas media yang dikembangkan sudah memenuhi kriteria media pembelajaran.	4	Baik
2	Ketepatan media untuk digunakan sebagai media pembelajaran	5	Sangat Baik
3	Desain yang dibuat menarik perhatian mahasiswa	5	Sangat Baik
4	Ketepatan penggunaan bahan pembuat media	4	Baik
5	Media dapat digunakan sesuai dengan situasi yang dialami mahasiswa	4	Baik
6	Tampilan umum media menarik	4	Baik
7	Media mudah digunakan	5	Sangat Baik
8	Pemilihan ukuran huruf tepat	4	Baik
9	Jenis huruf mudah di baca	5	Sangat Baik
10	Tampilan cover sesuai dengan isi	5	Sangat Baik

11	Ilustrasi gambar menarik untuk pembaca	4	Baik
12	Gambar memiliki warna yang menarik	4	Baik
13	Ukuran gambar proposional	4	Baik
14	Tidak ada desain yang membingungkan pembaca	4	Baik
15	Kemudahan memahami petunjuk penggunaan	5	Sangat Baik
<b>Jumlah Skor Total</b>		<b>66</b>	
<b>Jumlah Persentase</b>		<b>88%</b>	<b>Sangat Baik</b>

Media experts' assessment of the product design of the massage guidebook for physical education and health students at Karimun University obtained a score of 88%, which is considered very good.

### 3. User Response (Lecturers)

The purpose of this trial was to determine the reactions of massage course lecturers to the developed massage guidebook. The assessment was conducted by Ms. Hilda Oktri Yeni, S.Pd., M.Pd., and Mr. Hari Adi Rahmad, S.Pd., M.Pd., massage course lecturers. The assessment consisted of a questionnaire containing assessments, suggestions, and comments regarding the developed product for refinement or improvement.

Table 4. User Response (Massage Course Lecturers)

No	Pertanyaan	Skor	Keterangan
1	Kejelasan uraian materi pada buku	4	Sangat Baik
2	Kesesuaian capaian pembelajaran	4	Sangat Baik
3	Kesesuaian materi dengan kebutuhan media pembelajaran	4	Sangat Baik
4	Kesesuaian materi dengan mahasiswa	5	Sangat Baik
5	Tampilan materi menarik perhatian mahasiswa	5	Sangat Baik
6	Kejelasan submateri materi pembelajaran	4	Sangat Baik
7	Ukuran gambar dan bentuk huruf	5	Sangat Baik
8	Kejelasan warna huruf	5	Sangat Baik
9	Bahasa yang digunakan mudah dipahami	4	Sangat Baik
10	Urutan materi yang disajikan sudah sesuai	4	Baik
11	Tampilan cover buku menarik	4	Sangat Baik
12	Gambar sesuai materi	4	Sangat Baik
13	Pemilihan warna buku menarik	5	Sangat Baik
14	Mempermudah mahasiswa dalam pelaksanaan pembelajaran massage	4	Sangat Baik
15	Mahasiswa tidak merasa bosan dengan adanya buku panduan massage ini	4	Sangat Baik
<b>Jumlah Total</b>		<b>65</b>	
<b>Jumlah Persentase</b>		<b>86%</b>	<b>Sangat Baik</b>



User feedback on the product design of the massage guidebook for Karimun University Physical Education and Recreation students received a score of 86%, which is considered very good.

#### 4. Student Response

The purpose of this trial was to determine the reactions of fifth-semester Karimun University Physical Education and Recreation students to the developed massage guidebook. The trial was conducted directly, beginning with an introduction to the developed product, an explanation of the product, and ending with students completing a questionnaire. The trial was conducted with only one student, analyzing data from eight students' responses to the developed product. Table 4.7 shows that the overall student response to the basic massage technique guidebook for Karimun University Physical Education and Recreation students showed an average score of 38.2, representing 84.8%, making it categorized as "Very Good."

#### 5. Effectiveness Test

The effectiveness test in this study was used to compare the results before and after the book was given to students. There will be two effectiveness test results: a written test and a practical test.

##### 1. Written Knowledge Test

In the written knowledge test, students will be given 10 objective questions. The following are the students' test results before and after receiving the textbook:

Table 7: t-Test for Written Knowledge Test

No	t hasil	t tabel
1	3,693	1,860

There was a significant effect of using a massage guidebook on students' general understanding of massage in the written test, with a calculated t-test result of 3.693, greater than the t-table value (1.860).

##### 2. Practical Test

**In the practical** test, students performed each massage movement. The researcher then scored the movements based on whether they were correct. The following are the test results for students before and after receiving the book: Based on these test results, the following results were obtained:

Table 9: Practical Test t-Test

No	t hasil	t tabel
1	2,740	1,860

There was a significant effect of using a massage guidebook on students' general understanding of massage in the practical test, with a t-test result of 2.740, greater than the t-table value (1.860).

## DISCUSSION

The development of a basic massage technique guidebook for beginners for students of the Physical Education and Health Education Study Program at Karimun University is a research study using R&D research aimed at producing a book product related to massage. The problems encountered by students in massage lectures prompted the researcher to conduct this research.

The book product developed used the ADDIE (Analysis, Design, Develop, Implement, Evaluate) research design. During the analysis stage, the researcher conducted interviews with massage lecturers and conducted a needs analysis with students. The analysis concluded that several problems hindered massage lectures, including the lack of user-friendly learning media. The researcher then began developing ideas for creating a book related to massage.

The next stage was designing the book product. There are seven steps in the design phase, which include designing the basic form of the media being created. This stage includes cover design, foreword design, table of contents design, content design, bibliography design, development profile design, and back cover design. Before beginning product design, the researcher identified the content to be included in the book. The book was designed using the Canva application. The book was designed to be as attractive as possible to attract readers.

The next stage was development, which involved product assessment by material experts and design experts. At this stage, the experts validated the product and assigned scores to the questionnaire developed by the researcher, along with suggestions for testing the book with students. The material experts' validation results were categorized as very suitable, with several additional suggestions. The media experts also rated the book as very suitable, and suggested several improvements to the book's design. Based on the validation results from the material experts and media experts, it was concluded that this book was suitable for testing with students.

The next stage was implementing the book with massage lecturers and 8 fifth-semester physical education students. In this case, the massage lecturer assessed the book, and the result was a very good grade. Students were then asked to evaluate the book, and the average score was very good.

The next stage, still related to implementation, involved students taking written and practical massage tests. These tests were conducted to assess the book's effectiveness. The written test involved answering 10 questions prepared by the researcher, while the practical test required students to perform massage movements. The tests were administered twice: the first before the book was given to students, and the second after the book had been given and studied. The results showed a significant difference in student performance, with scores on the second test significantly better than the first. This demonstrates the suitability of this massage guidebook for physical education and health education students at Karimun University as a learning tool and information source for massage.

The results of the field trial showed that the massage guidebook was quite popular among 5th-semester physical education and health students at Karimun University, indicating that the book was worthy. The book was deemed worthy because it had a good explanation of massage complete with definitions, history, and techniques, the images displayed were also interesting so that they did not get bored when reading it and the text encouraged students to better understand and learn about massage. After validation and trials were completed, the next step was evaluation. Where the books could be given to the FKIP faculty in particular and Karimun University in general.

## **V. CONCLUSION**

The results of this study indicate that this massage guidebook is highly suitable for use, based on its content. The results of the material expert's research on the massage guidebook for physical education students at Karimun University obtained a score of 92%, which is considered very good. The results of the media expert's research on the massage guidebook for physical education students at Karimun University obtained a score of 88%, which is considered very good. The assessment of the massage course lecturer on the massage guidebook for physical education students at Karimun University obtained a score of 86%, which is considered very good.

There was a very significant effect of the use of the massage guidebook on students' understanding of massage in the knowledge or written test, with a t-test result of 3.693, greater than the t-table value (1.860). There was also a significant effect of the use of the massage guidebook on students' understanding of massage in the practical test, with a t-test result of 2.740, greater than the t-table value (1.860).

## REFERENCES

- Destriana, D., Aryanti, S., Octara, K., Solahuddin, S., Resah Pratama, R., & Destriani, D. (2023). Pelatihan Massage Kebugaran Bagi Guru Pendidikan Jasmani Olahraga dan Kesehatan (PJOK). *Jurnal Pengabdian Masyarakat Bhinneka (JPMB)*, 1(3), 225–233. <https://doi.org/10.58266/jpmb.v1i3.50>
- Indria, G. A., & Retnowati, M. (2022). Efektifitas Effleurage Massage dan Petrissage Massage pada Ibu Hamil Trimester III dengan Low Back Pain. *Jurnal Bidan Prada*, 13(2), 51–59.
- Kurniawan, W. A & Kurniawan, A. T. M. (2021). SPORT MASSAGE Pijat Kebugaran Olahraga. Tulungagung: Akademia Pustaka.
- Musrifin, A. Y., & Bausad, A. A. (2021). Pengaruh Sport Massage Terhadap Kecemasan Olahraga Atlet Futsal Undikma. *Jurnal Ilmiah Mandala Education*, 7(2), 183–189.
- Nuraini, S. (2016). Pelatihan Massage Bagi Eks Tenaga Kerja Indonesia Di-Subang Jawa Barat. *Sarwahita*, 13(1), 27–33. <https://doi.org/10.21009/sarwahita.131.05>
- Okpatrioka. (2023). Research And Development (R & D) Penelitian yang Inovatif dalam Pendidikan. *Jurnal Pendidikan, Bahasa dan Budaya*, 1(1), 86–100.
- Rahmad, H. (2016). Pengaruh Penerapan Daya Tahan Kardivaskuler (Vo Max) Dalam Permainan Sepakbola Ps Bina Utama. *Curricula*, 2(2), 1–10.
- Sanusi, R., Surahman, F., & Yeni, H. O. (2020). Pengembangan Buku Ajar Penanganan dan Terapi Cedera Olahraga. *Journal Sport Area*, 5(1), 40–50. [https://doi.org/10.25299/sportarea.2020.vol5\(1\).4761](https://doi.org/10.25299/sportarea.2020.vol5(1).4761)
- Nata, A. D, et al (2022). *Development of Models of learning Basic Motoric Skills in Sports for Deaf Children*. *Kinestetik: Jurnal Ilmiah Pendidikan Jasmani* 6(4), 683-690. <https://doi.org/10.33369/jk.v6i4.24932>