

UNIVERSITI TEKNOLOGI MARA

**EFFECTS OF SPORTS MASSAGE AND
KINESIOLOGY TAPING ON MUSCLE
SORENESS INDICATORS AMONG
FEMALE UITM NETBALL PLAYERS**

NUR SYAFIQAH BINTI MAZLAN

2016690792

Research Project submitted in partial fulfillment of the
requirements for the degree of bachelor of sport Science
(Hons.)


Faculty of Sports Science and Recreation

JULY 2018

AUTHOR'S DECLARATION

I declare that the work in this thesis/ dissertation was carried out in accordance with the regulation of Universiti Teknologi MARA. It is original and the result is fully on my own work, unless otherwise indicated or acknowledged as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

I, hereby, acknowledge that I have been supplied with the Academic Rules and Regulations for Under Graduate, Universiti Teknologi MARA, regulating the conduct of my study and research.

Name of Student : Nur Syafiqah binti Mazlan
Student I.D. No : 2016690792
Programme : Bachelor of Sports Science (Hons.)
Faculty : Sports Science & Recreation
Thesis/ Dissertation Title : Effects of Sports Massage and Kinesiology Taping
On Muscle Soreness Indicators among Female
UiTM Netball Players.
Signature of Students : 
Date : July 2018

ABSTRACT

The effects of SM & KT on muscle soreness indicators were lack and not clearly discussed in previous studies. The purpose of this study was to compare the effect of sports massage and kinesiology taping on muscle soreness indicators after netball skill training among female UiTM netball player. Quasi-experimental design was used where 12 female athletes were assigned into two groups for sports massage and kinesiology taping groups (n=12) and (n=12). They were assigned to perform Netball Readiness Assessment- FMS & Hop & Stop Test Training for both group of sports massage and kinesiology taping. They performed the netball skill training with one set, 10 reps and use body weight only. The measurements was recorded for immediately after, 24hr, 48 hr and 72 hr after skill test training. The results was determined by using Repeated Measure ANOVA to show the main effect which the result show in knee ROML and ROMR was not significant where (p=0.131) and (p=0.201) respectively. However, by using Mixed Between-Within ANOVA there was significant difference effects between therapies on knee ROML (p=0.014) where mean (SM=51.954) and (KT=62.473) and for knee ROMR (p=0.028) where mean (SM=55.850) and (KT=65.817). Next, the effects for both therapies in PS was significant (p=0.002). Moreover, there was significant different effects for PS was (p=0.003) where mean (SM=6.896) and (KT=8.167). Based on the result, it showed that KT was the best and more effective compare with SM therapy for recovery among female UiTM netball player.

Keywords: *sports massage (SM), kinesiology taping (KT), knee range of motion (ROM), pain scale (PS)*

TABLE OF CONTENT

	Page
LETTER OF TRANSMITTAL	i
AUTHORS DECLARATION	ii
ABSTRACT	iii
ACKNOWLEDGEMENT	iv
TABLE OF CONTENTS	v
LIST OF TABLES	viii
LIST OF FIGURES	ix
LIST OF ABBREVIATION	x
CHAPTER 1:INTRODUCTION	
1.1 Background of Study	1
1.2 Problem of Statement	3
1.3 Purpose of Study	4
1.4 Research Objective	4
1.5 Research Hypothesis	4
1.6 Significant of Study	5
1.7 Delimitation	6
1.8 Limitation	6
1.9 Definition of Terms	
1.9.1 Sports Massage	7
1.9.2 Kinesiology Taping	7
1.9.3 Range of Motion	7
CHAPTER 2:LITERATURE REVIEW	
2.1 Introduction	8
2.2 Sports Massage And Muscle Soreness Indicator	9
2.3 Kinesiology Taping and Muscle Soreness Indicator	10
2.4 Muscle Soreness Indicator	11

2.5	Summary	12
-----	---------	----

CHAPTER 3: METHODOLOGY

3.1	Introduction	14
3.2	Research Design	15
	3.2.1 Study Protocol	15
3.3	Sampling Technique	15
3.4	Participant	15
	3.4.1 Inclusion Criteria	16
	3.4.2 Exclusion Criteria	16
3.5	Instrumentation	
	3.5.1 Pain Scale – Visual Analogue Scale	17
	3.5.2 Knee Range of Motion - Goniometer	17
	3.5.3 Sports Massage	18
	3.5.4 Kinesiology Taping	18
3.6	Data Collection	19
	3.6.1 Data Collection Flow Chart	20
3.7	Data Analysis	21

CHAPTER 4: RESULTS

4.1	Introduction	22
4.2	Statistical Analysis	22
	4.2.1 Normal Distribution	22
4.3	Effect Between Sports Massage and Kinesiology Taping on Knee Range of Motion for Left and Right	26
4.4	Difference Effect Between Sports Massage and Kinesiology Taping on Knee Range of Motion for Left & Right	30
4.5	Effect Between Sports Massage and Kinesiology Taping on Pain Scale	33
4.6	Difference Effect Between Sports Massage and Kinesiology Taping on Pain Scale	35