

**THE EFFECT OF SWEDISH MASSAGE ON FATIGUE RECOVERY
IN LABOR WORKERS**

BACHELOR THESIS

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ABSTRACT

The objective of the study was to discover the effect of Swedish massage and sports massage on fatigue recovery in labour workers. This study is experimental research with two groups pre-test-post-test design. Twenty-two male-heavy labour workers, aged 25-30 years old with 7-8 work hours each day, who used their muscles and energy to work were chosen as the population of the study. The samples were selected using the purposive sampling technique. A work fatigue questionnaire was utilised to collect the data before being analysed using the t-test with a significance level of 5%. The result showed that both Swedish massage and sports massage had effects on fatigue recovery in labour workers. However, it can be seen from the test results that sports massage served better benefits in fatigue recovery.

Keywords: Swedish massage, sport massage, fatigue recovery