



Improvement in quality of sleep and mood in bodybuilders with massage therapy after strenuous training

Poster Presentation

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Abstract

Introduction: Sleep quality is essential for athletes' moods and ability to train, maximize training responses, and recover (1). However, some research has shown negative mood changes and decreased sleep quality in athletes (especially following the stress of strenuous training) (2). Massage therapy is a passive recovery technique that can modulate the psycho-physiological arousal resulting from the activity and is known among athletes to relieve post-workout fatigue (3).

Methods: The present study consisted of two control groups (n=15) and experimental (n=15) of Male bodybuilders who performed the Training protocol for four weeks (3 sessions per week) with 80-90% of maximal muscle strength. Each training session consisted of 8 movements in the form of 3-5 sets and 4-6 repetitions of each movement. At the end of each session, the control group actively performed the cooling phase by receiving a 15-minute massage. Subjects completed the Brunel Mood Scale (BRUMS) and Pittsburgh Sleep Quality Index (PSQI) in two stages before and after the study. The collected data were analyzed using SPSS and Shapiro-Wilk Test and Analysis of Covariance.

Results: The results indicated that the subjects' sleep quality in the experimental group improved compared to the control group (P =0.001). In addition, it was shown that massage therapy after each strenuous training session is an influential factor in improving the mood of bodybuilders (P=0.001).

Conclusion: Due to the low quality of sleep and the higher level of negative moods, especially after strenuous training among athletes and the relationship between these factors and their quality of life and athletic performance, the results of the present study show that using massage therapy after training can be an effective way to improve sleep quality and mood of athletes (especially bodybuilders).

Keywords

Sleep quality; Mood; Massage; Strenuous training; Bodybuilder

Reference:

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