

## SUMMARY

# PERBEDAAN PENURUNAN LINGKAR PERUT ANTARA LATIHAN SENAM AEROBIK DENGAN LATIHAN SIT-UP DAN BICYCLE CRUNCH PADA WANITA USIA 19-23 TAHUN

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**Subject** : LINGKAR PERUT, SENAM, LATIHAN, WANITA

**Subject Alt** : CIRCUMFERENCE STOMACH, GYMNASTICS, EXERCISE, WOMEN

**Keyword** : metline;aerobics;sit ups;bicycle crunch

### Description :

Purpose: This study aims to determine the difference between aerobic exercise with sit-up exercise and bicycle crunches for abdominal girth reduction in women aged 19-23 years. Methods: This study is a quasi experimental with pretest-posttest control group design in which the reduction in abdominal girth was measured using meterline. sampling technique using purposive sampling consisted of 20 sample aged 19-23 years. Research conducted in the residential al muhajirin 2 Tanah Tinggi, Tangerang and divided into a control group and the treatment group, the control group consisted of 10 people with the interventions provided are exercises aerobics and treatment group consisted of 10 people with sit-up exercises and the bicycle crunch. Results: Shapiro Wilk normality test using test value  $p > 0.05$ ; (0.05) normal distribution of data. Levene's homogeneity test using test value  $p > 0.05$ ; (0.05) Data homogeneous. Hypothesis test 1 with the mean $\pm$ sd before  $87,20 \pm 3.22$  after  $78.9 \pm 3.75$  using a paired sample t-test p value = 0.001 so that aerobic exercise can reduce abdominal girth women aged 19-23 years. Hypothesis test 2 with the mean $\pm$ sd before  $92.60 \pm 5.31$  after  $77.10 \pm 5.93$  using a paired sample t-test p value = 0.001 so that sit-up exercise and bicycle crunches can reduce abdominal girth women age 19 - 23 years. hypothesis test 3 with value of the difference mean $\pm$ sd control group  $8.30 \pm 1.33$  treatment groups  $15.5 \pm 3.10$  using independent sample t-test p value = 0.001 which means a significant reduction in abdominal girth among the control group. Conclusion: an effort to decrease abdominal girth women aged 19-23 years is more significant can be done by giving the sit-up exercises and the bicycle crunch compared to aerobic exercise.

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