



ABSTRACT

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THE RELATIONSHIP OF TOTAL CIGARETTES CONSUMPTION TO VO2 MAX AND PEAK EXPIRATORY FLOW (PEF) ON MEN'S AGE 20-24 YEARS

Consisting VI Chapters, 81 Pages, 12 Table, 8 Images, 2 Scheme, 7 Attachments

Objective: *To determine the relationship of total cigarettes consumption to vo2max and peak expiratory flow (APE) on men's age 20-24 years. Method:* *This study is quantitative, where VO2 Max was measured using Cooper's test method and APE was measured Peak flow meter. The sample consisted 32 people obtained based on purposive sampling. Results:* *The normality test with the Shapiro wilk test data obtained was not normally distributed on VO2 Max, while the data are normally distributed to the total cigarettes consumption and APE. Then the correlation test using Spearman rank test on total consumption of cigarettes to VO2 Max showed the results $p= 0,001$ and $r= -0,546$, while the pearson product moment test on the total cigarettes consumption to APE showed the results $p= 0,004$ and $r= -0,495$ which means there is a negative correlation with a fairly strong correlation strength. Conclusion:* *There is a fairly strong correlation between the total cigarettes consumption and peak expiratory flow (APE) on men's age 20-24 years.*

Keywords : Total cigarettes consumption, VO2 Max, APE