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**PERBEDAAN PENGARUH LATIHAN AEROBIK JOGGING DAN BERSEPEDA STATIS TERHADAP KUALITAS TIDUR PADA USIA 18-25 TAHUN**

Terdiri dari VI Bab,

**Tujuan:** Untuk mengetahui perbedaan latihan aerobik jogging dan bersepeda statis dalam meningkatkan kualitas tidur pada usia 18-25 tahun. **Metode:** Penelitian bersifat *quasi experiment* dengan *pre test-post test*, nilai kualitas tidur diukur menggunakan *Pittsburgh Sleep Quality Index* (PSQI). Sampel keseluruhan 30 orang dibagi menjadi 2 kelompok. Kelompok perlakuan I dengan intervensi latihan aerobik jogging memiliki nilai  $\text{mean} \pm \text{SD}$  sebelum intervensi  $7,53 \pm 1.246$  dan setelah intervensi  $4,47 \pm 1.457$ , kelompok perlakuan II dengan intervensi latihan aerobik sepeda statis memiliki nilai  $\text{mean} \pm \text{SD}$  sebelum intervensi  $8,07 \pm 1.486$  dan setelah intervensi  $5,00 \pm 1.309$ . **Hasil :** Uji normalitas dengan *Saphiro Wilk Test* didapatkan data berdistribusi normal sedangkan uji homogenitas dengan *Levene's Test* didapatkan data memiliki varian homogen. Hasil uji hipotesis pada kelompok perlakuan I dengan *Paired Sample T-Test* didapatkan nilai  $p < 0,000$  yang berarti intervensi latihan aerobik jogging berpengaruh signifikan terhadap peningkatan kualitas tidur. Pada kelompok perlakuan II dengan *Paired Sample T-Test* didapatkan nilai  $p < 0,000$  yang berarti intervensi latihan aerobik sepeda statis berpengaruh signifikan terhadap peningkatan kualitas tidur. Pada hasil *Independent Sample T-Test* menunjukkan nilai  $p = 0,088$  yang bermakna bahwa tidak ada perbedaan yang signifikan terhadap kualitas tidur. **Kesimpulan:** Tidak ada perbedaan latihan aerobik jogging dan bersepeda statis terhadap kualitas tidur pada usia 18-25 tahun.

**Kata Kunci:** aerobik, jogging, sepeda statis, kualitas tidur, usia 18-25 tahun.

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**DIFFERENCES EFEECT OF AEROBIC JOGGING AND  
STATIC BIKE ON THE QUALITY OF SLEEP AT 18-25 YEARS.**

Consist of VI Chapter,

**Objectives:** To find out the diffence between jogging and static cycling aerobic exercise in improving sleep quality at the age of 18-25 years.

**Methods:** This study was a *quasi experiment* with pre-post-test, the value of sleep quality was measured using the *Pittsburgh Sleep Quality Index* (PSQI). The total sample of 30 people was divided into 2 groups. The treatment group I with the aerobic jogging exercise intervention had a mean  $\pm$  SD value before the intervention  $7.53 \pm 1.246$  and after the intervention  $4.47 \pm 1.457$ , the second treatment group with the aerobic exercise bicycle station intervention had a mean  $\pm$  SD value before the intervention  $8.07 \pm 1.486$  and after intervention  $5.00 \pm 1.309$ . **Result:** The normality test with the *Saphiro Wilk Test* showed that data were normally distributed, while the homogeneity test with *Levene's Test* showed that the data had a homogeneous variant. The results of hypothesis testing in the treatment group I with *Paired Sample T-Test* obtained p value  $<0.000$ , which means that the aerobic jogging exercise intervention has a significant effect on improving sleep quality. In the second treatment group with *Paired Sample T-Test*, the p value was  $<0.000$ , which means that the aerobic exercise intervention bicycle station has a significant effect on improving sleep quality. The results of the *Independent Sample T-Test* show p value = 0.088, which means that there is no significant difference in sleep quality. **Conclusion:** There is no difference between jogging and static cycling aerobic exercise on sleep quality at 18-25 years old

**Keywords:** *Aerobics, Jogging, Static bike, Sleep quality, 18-25 years old.*