

SKRIPSI, September 2013

Zeihan Andraeni

Physiotherapy D-IV study program,

Faculty of Physiotherapy ,

Esa Unggul University.

DIFFERENCES CRUNCH EXERCISE AGAINST CRUNCH EXERCISE AND CROSSOVER SIT-UP COMBINATION IN ABDOMINAL'S WOMEN CIRCUMFERENCE

Consist of VI bab, 108 pages, 14 Tables, 12 Pictures, 4 Schemes, 6 Graphs, 13 Attachments

Destination : To find out the differents that crunch exercise against crunch exercise and crossover sit-up combination in abdominal's women circumference condition. ***Method*** : This research is quasi eksperiman type with pre test-post test control group design which aims to find out that crunch excercise and crossover sit-up combination better than crunch exercise for abdominal circumference condition. The sample consisted of 20 of womens who has 18-25 age the citizen of Kano RT 006 RW 09, Kelapa Dua Tangerang that selected with purposive sampling technic. There two grouped, that group I consist of 10 people who gived crunch exercise and another group with crunch excercise and crossover sit-up combination. ***Result*** : Shaphiro Wilk Test for normality test obtained two data are not normally distributed whereas p value $< 0,05$. Levene's test for homogenous test is having homogenous results. T-Test Related result for first hipotesis test on group I is $p = 0,000$ means that crunch exercise can reduce abnominal's women circumference. T- Test Related for second homogenous test on group II is $p = 0,000$ means that crunch exercise and crossover sit-up combination can reduce abdominal's women circumference. Result of Man Whitney U-Test for third hipotesis is $p = 0,000$ means that crunch exercise and crossover sit-up combination can reduce abdominal circumference better than crunch exercise in abdominal's women circumference condition.

Conclusion : Crunch exercise and crossover sit-up combination can reduce abdominal circumference better than crunch exercise in abdominal's women circumference condition.

Key Word : Abdominal circumference, crunch exercise, crossover sit-up exercise