ABSTRACT

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DIFFERENCES CRUNCH EXERCISE AGAINST CRUNCH EXERCISE AND CROSSED 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 differences that crunch exercise against crunch exercise and crossover sit-up combination in abdominal’s women circumference condition.

Method: This research is quasi eksperimen type with pre test-post test control group design which aims to find out that crunch exercise 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 execise and crossover sit-up combination. Result: Shapiro Wilk Test for normality test obtained two data are not normally distributed whereas p value < 0,05. Levene’s test for homogeneous test is having homogenous results. T-Test Related result for first hipothesis test on group I is p = 0,000 means that crunch exercise can reduce abnominal’s women circumference. T- Test Related for second homogenious 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 hipothesis 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