



ABSTRAK

SKRIPSI, 10 AUGUST 2015

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Program Study S-1Fisioterapi

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THE DIFFERENCE REDUCTION IN CIRCUMFERENCE BETWEEN AEROBIC EXERCISE WITH EXERCISE SIT-UP AND BICYCLE CRUNCHES IN WOMEN AGED 19 – 23 YEARS

Consists of VI Chapter, 116 Page, 10 Picture, 4 Scheme, 14 Table, 9 Graph, 3 Attachment

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 $p > \alpha$ (0.05) normal distribution of data. Levene's homogeneity test using test value $p > \alpha$ (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.

Keywords: metline, aerobics, sit-ups and bicycle crunch



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