

**PERBANDINGAN EFEK KERJA LONCAT TALI DAN JOGING TERHADAP
PENURUNAN KADAR GULA DARAH PADA MAHASISWA FAKULTAS
ILMU KEOLAHRAGAAN UNIVERSITAS NEGERI JAKARTA**

ABSTRAK

Penelitian ini bertujuan untuk mengetahui efek kerja loncat tali dan jogging terhadap penurunan kadar gula darah pada mahasiswa Prodi ilmu keolahragaan FIK UNJ. Metode yang digunakan yakni metode eksperimen dengan desain penelitian *Two Group Pre Test dan Post Test Design*. Proses pengambilan sampel menggunakan *purposive sampling* dengan jumlah 16 orang, 8 orang diberikan perlakuan loncat tali dan 8 orang diberikan perlakuan jogging. Pengukuran pertama yaitu 8 orang sampel akan diukur kadar gula darahnya sebelum (tes awal) dan setelah (tes akhir) melakukan loncat tali. selanjutnya, pengukuran kedua yaitu 8 orang sampel akan diukur kadar gula darahnya sebelum (tes awal) dan setelah (tes akhir) melakukan jogging. dari hasil penelitian rata-rata penurunan kadar gula darah untuk efek kerja loncat tali sebesar 19,87 mg/dl dan untuk efek kerja jogging sebesar 13,12 mg/dl. Hasil t-hitung dari efek kerja loncat tali yakni sebesar 16,28 mg/dl dan t-tabel sebesar 2,36 dan hasil t-hitung dari efek kerja jogging sebesar 15,08 mg/dl dan t-tabel 2,36. Hasil t-hitung untuk keduanya yakni 4,68 dan t-tabel 2,14 ($t_{hitung} > t_{tabel}$) maka dapat dikatakan bahwa efek kerja pada loncat tali dan jogging dapat menurunkan kadar gula darah. Dimana efek kerja loncat tali lebih besar penurunannya dari pada efek kerja jogging.

Kata Kunci : Loncat Tali, Jogging, Kadar gula darah, Mahasiswa

**COMPARISON OF ROPE SKIP AND JOGGING EFFECT ON
DECREASING BLOOD SUGAR LEVELS IN STUDENTS IN JAKARTA
STATE UNIVERSITY FACULTY OF SCIENCE**

ABSTRACT

This study aims to determine the effect of rope jumping and jogging on reducing blood sugar levels in students of the FIK UNJ sports science study program. The method used is the experimental method with the research design of Two Group Pre Test and Post Test Design. The sampling process used purposive sampling with a total of 16 people, 8 people were given rope jump treatment and 8 people were given jogging treatment. The first measurement is 8 people will be measured blood sugar levels before (the initial test) and after (the final test) jump rope. Furthermore, measuring the second, which is 8 samples will be measured blood sugar levels before (the initial test) and after (the final test) jogging. from the results of research the average decrease in blood sugar levels for the effect of rope jumping work by 19.87 mg / dl and for the effect of jogging by 13.12 mg / dl. The results of t-counts from the work effects of jump rope are 16.28 mg / dl and t-table is 2.36 and jogging is 15.08 mg / dl and t-table is 2.36. The results of t-counts for both are 4.68 and t-table 2.14 (tcount > ttable) so it can be said that the effect of work on rope jumping and jogging can reduce blood sugar levels. Where the jump rope work effect is greater in decline than the effect of jogging work.

Keywords: Skip Rope, Jogging, Blood sugar levels, college student