

SUMMARY

RESISTANCE COMPETITION OF HEART OF SMOKERS OF ACTIVE AND PASSIVE ON COMMUNITY MOTOR TOURING RETAIL COMMUNITY COMMUNITY

ABSTRACT

This study aims to determine the ratio of pulmonary heart resistance active and passive smokers in the motor community touring ropes community brotherhood. This research was conducted in RT Square. 02 RW. 011 Rawa Badak Selatan Village, Koja Sub-district, North Jakarta, using descriptive method with Descriptive Research method is a method in researching the status of a group of people, an object, a condition, a system of thought, or an event in the present.

This data retrieval and processing took place from Saturday, July 15, 2017 to Sunday, 16 July 2016. The research begins by finding descriptive measurement of data comparing lung pulmonary resistance in active and passive smokers in the community touring motor ropes community using bleep test, with Divide the two groups of active smokers and passive smokers to find out how big the differences from these two conditions by using 20 samples that are divided into two groups namely, the group of active smokers and the group of passive smokers.

The population in this research is the community of touring motor rope community persaudaan and samples in research motor touring rope persaudaan community. From the data, it was found that the results of the passive resilience of active and passive active lung heart patients in the touring community community cohort races by obtaining VO2 Max values with the highest active smokers (38.88), the lowest (22.1) and the mean score (31.57) For passive smokers group VO2 Max in passive smokers has the highest value (45.20), lowest (30.20) and average (38.52).

Kata Kunci : Proko Aktif, Peroko Pasif Dan Daya Tahan Jantung Paru