

**PERBANDINGAN EFEK KERJA *INTERVAL TRAINING EUROFIT* DAN
INTERVAL TRAINING TABATA TERHADAP PERUBAHAN KADAR GULA
DARAH PADA MAHASISWA IKOR 2015 FAKULTAS ILMU OLAHRAGA
2015 UNIVERSITAS NEGERI JAKARTA**

ABSTRAK

Penelitian ini bertujuan untuk mengetahui perbandingan efek kerja latihan *interval training eurofit* dan tabata terhadap perubahan kadar gula dalam darah pada mahasiswa IKOR Fakultas Ilmu Olahraga 2015 Universitas Negeri Jakarta. Penelitian dilakukan dengan metode eksperimen, dengan desain penelitian *Two Group Pre Test dan Post Test Design*. Teknik pengambilan sampel dengan *purposive sampling* yang berjumlah 16 orang. Pengetean dilakukan dengan dua kali pertemuan pengukuran, hari pertama sampel di tes kemampuan *Maximum Aerobic Speed (MAS)* dengan lari 1,6 Km Lalu hari kedua sampel dibagi menjadi dua kelompok untuk melakukan tes gula darah dengan treatment latihan *interval training eurofit* dan *interval training* tabata. Tes awal dilakukan sebelum treatment dan tes akhir dilakukan setelah treatment. Pengukuran yang dilakukan mengalami penurunan kadar gula darah. Setelah dilakukan pengujian dengan uji-t dan telah didapatkan hasil rata-rata penurunan kadar gula darah untuk *interval training eurofit* sebesar 12,10 mg/dl dengan t-tabel 2,365 ($t_{hitung} > t_{tabel}$) dan juga telah didapatkan hasil rata-rata penurunan kadar gula darah untuk *interval training* Tabata sebesar 8,73 mg/dl dengan t-tabel 2,365 ($t_{hitung} > t_{tabel}$). Hasil t-hitung dari keduanya didapatkan hasil sebesar 4,19 mg/dl dengan t-tabel 1,76 ($t_{hitung} > t_{tabel}$) maka, dapat dikatakan bahwa terdapat efek kerja metode latihan *interval training eurofit* dan tabata terhadap perubahan kadar gula dalam darah juga sekaligus latihan *interval eurofit* lebih baik dibandingkan dengan latihan *interval* tabata.

Kata Kunci : *Interval Training, Eurofit, Tabata, Gula Darah, Mahasiswa IKOR*

**COMPARISON OF THE WORK EFFECT OF EUROFIT INTERVAL
TRAINING AND TABATA INTERVAL TRAINING TOWARD CHANGES IN
SUGAR LEVEL IN BLOOD OF STUDENTS FACULTY OF SPORTS
SCIENCE 2015 STATE UNIVERSITY OF JAKARTA**

ABSTRACT

This study aims to compare the effect of eurofit interval training and tabata interval training on changes in blood sugar levels in 2015 IKOR Faculty of Sport Sciences Jakarta State University students. The study was conducted by an experimental method with the research design of Two Group Pre Test and Post Test Design. The sampling technique was purposive sampling, amounting to 16 people. The test was carried out with two measurement meetings, the first day of the sample in the Maximum Aerobic Speed (MAS) ability test with a 1.6 Km run. Then the second day the sample was divided into two groups to perform blood sugar tests with the European training interval training treatments and the Tabata interval training. The initial test is done before the treatment and the final test is done after the treatment. Measurements made decreased blood sugar levels. After testing with the t-test and the results obtained an average decrease in blood sugar levels for eurofit training intervals of 12.10 mg / dl with a t-table of 2,365 ($t_{count} > t_{table}$) and an average result has also been obtained. a decrease in blood sugar levels for the Tabata training interval of 8.73 mg / dl with a t-table of 2, ($t_{count} > t_{table}$). The results of the t-counts of the two results obtained 4.19 mg / dl with t-table 1.76 ($t_{count} > t_{table}$) then, it can be said that there is a working effect of eurofit interval training methods and tabata on changes in sugar levels in blood also at the same time eurofit interval training is better than tabata interval training.

Keywords: *Interval Training, Eurofit, Tabata, Blood Sugar, IKOR Student*

