

**EFEK KERJA SENAM AEROBIK *MIX IMPACT* TERHADAP PERUBAHAN
KADAR GULA DARAH PADA ANGGOTA SENAM *BODY FIT STATION*
JAKARTA TIMUR**

ABSTRAK

Penelitian ini bertujuan untuk mengetahui Aktivitas Senam Aerobik *Mix Impact* terhadap Perubahan Kadar Gula Pada Anggota Senam *Body Fit Station* Jakarta Timur. Penelitian ini dilaksanakan pada tanggal 28 Desember 2018 di *Body Fit Station* yang beralamat di Jl. Pulo Nangka Tengah No. 6 Jakarta Timur dengan sampel 19 orang dengan melakukan Aktivitas Senam Aerobik *Mix Impact*. Metode yang digunakan menggunakan metode eksperimen dengan desain penelitian menggunakan “*One Group Pre-Test dan Post-Test Design*”. Hasil penelitian menyimpulkan bahwa Perubahan Kadar Gula Darah Pada Anggota Senam *Body Fit Station* Jakarta Timur yang mengikuti Senam Aerobik *Mix Impact* yaitu rata-ratanya sebesar 8 mg/dl atau sebesar 0,080% dengan nilai t_{hitung} sebesar 1.142,857 dan t_{tabel} 2,131 dengan taraf signifikan $\alpha = 0,05$. Dengan demikian $t_{hitung} > t_{tabel}$ maka hipotesis nol (H_0) ditolak, hipotesis Aktivitas Senam Aerobik *Mix Impact* (H_1) diterima. Dengan demikian Efek Kerja Senam Aerobik *Mix Impact* memberikan Perubahan Kadar Gula Darah pada Anggota Senam *Body Fit Station* Jakarta Timur.

Kata Kunci: Senam Aerobik *Mix Impact*, Gula Darah

**THE EFFECT OF MIX IMPACT AEROBIK GYMNASTICS ON BLOOD
SUGAR LEVELS IN GYM MEMBERS BODY FIT STATION EAST
JAKARTA**

ABSTRACT

This study aims to determine the Mix Impact of Aerobics Gymnastics Activity toward the changes of Sugar Blood levels in the gymnastic members of Body Fit Station East Jakarta. This research was conducted on December 28, 2018 at Body Fit Station which is located at Jl. Pulo Nangka Tengah No. 6 East Jakarta with 19 people doing Mix Impact Aerobics Gymnastics Activities as sample. The method used was an experimental method with research design using "One Group Pre-Test and Post-Test Design". The results of the study is that the change in blood sugar levels in East Jakarta Body Fit Station Gymnastics members who participated in Mix Impact Aerobics Gymnastics was an average of 8 mg/dl or equal to 0,080% with a t_{count} value of 1.142,857 and t_{table} 2.131 with a significance level $\alpha = 0,05$. Which means $t_{count} > t_{table}$ and the null hypothesis (H_0) is rejected, the hypothesis of Aerobic Mix Impact Gymnastic Activity (H_1) is accepted. Thus the Effects of Aerobics Mix Impact Gymnastics Work provides Changes in Blood Sugar Levels the gymnastic members of Body Fit Station East Jakarta.

Keywords: Mix Impact Aerobics, Blood Sugar.