

# **“The effect of meal time before jogging 30 minutes on blood glucose levels in members club volleyball public high school 22 Jakarta”**

## **ABSTRAK**

This study aims to determine the effect of different eating times on blood glucose levels in members club volleyball public high school 22 Jakarta. First, how to increase blood glucose levels after heavy meal consumption with different time is 2 hours, 3 hours, and 4 hours. Second how the decrease of blood glucose level at the difference of meal time after jogging 30 minutes.

This study was conducted to find out when the best meal time is recommended before doing sports activities. Time to eat before exercise is often overlooked, in which specific feeding periods do not exist yet. In the activity of exercise is expected the adequacy of energy in the body and do not happen hunger when exercising.

Research method used is experimental method with one way anova test. Which the population is the student volleyball club high school 22 Jakarta as many 12 people. The study was conducted with total sampling. Of the 12 samples is the data of blood glucose levels taken. This study was conducted in May 2017 which took place in the stadium racing bicycle velodrome.

The results of statistical data research showed a significant influence from the difference in meal time. Difference of meal time 2 hours, 3 hours and 4 hours gave a significant effect on the increase of blood glucose with the value of  $f_{\text{arithmetic}} = 5.16$  and  $f_{\text{table}} = 3.35$ . The difference in feeding time also had a significant effect on the decrease of blood glucose after doing jogging activity for 30 minutes with  $f_{\text{count}} = 3.38$  and  $f_{\text{table}} = 3.35$ .

Statistical calculations resulted in the answer to the highest increase in blood glucose at a meal time of 3 hours. The highest decrease in blood glucose at meal time 2 hours before doing jogging activity for 30 minutes.

**Keywords : the difference in meal time**