

SUMMARY

COMPARISON EFFECTS OF WORK ZUMBA DANCE FOR 60 MINUTES TO DECREASE TRIGLYCERIDE LEVELS ON GROUP OF OVERWEIGHT AND NORMAL BODY MASS INDEX (BMI) MEMBER MUSCLE ACADEMY GYM

ABSTRACT

This study aims to (1) Determine the effects of work zumba dance for 60 minutes to decrease levels of triglycerides in overweight BMI group members Muscle Academy Gym. (2) Determine the effect of work zumba dance for 60 minutes to decrease levels of triglyceride in normal BMI group members Muscle Academy Gym. (3) Comparing the decrease in triglyceride levels between overweight and normal BMI group members Muscle Gym Academy of effects work zumba dance for 60 minutes.

This research was conducted at the Academy Muscle Gym on May 26, 2016. The method used is an experimental method "Two Group Pre-test and Post-test Design". With purposive sampling technique, a sample of 20 people out of a population of 100 people. Data analysis technique used was the independent t-test.

Data analysis technique used was the statistical technique with Test-T at significant level $\alpha = 0.05$. Data final test zumba dance for 60 minutes at

overweight and normal BMI group obtained standard mean difference between the two ($SE_{\bar{x}_y} = 6.31$ that value be obtained t count = 3.97 then the results of these calculations in the table were tested with degrees of freedom (df) = $n_1 + n_2 - 2 = (10 + 10) - 2$ and a level of 0.05 was obtained critical value t -table 2.10 (t -test = 3.97 > t -table = 2.101).

The final conclusion of this study was obtained through employment effects zumba dance for 60 minutes to decrease triglyceride levels provide a greater influence on overweight BMI group compared with normal BMI group members Muscle Academy Gym.

Keywords: zumba dance, triglycerides, body mass index