THE EFFECT OF EXERCISE USING EMS (ELECTRICAL MUSCLE STIMULATION) AGAINST THE LOST OF BODY FLUID ON MEMBER OF 20FIT SCBD

ABSTRACT

This study aims to determine the effect of exercise using EMS (Electrical Muscle Stimulation) against loss of body fluid on member of 20Fit SCBD.

This research was done at studio 20Fit SCBD, South Jakarta on June 11th-12th 2016. This research method using the "experiment" with the research design using One Group "Pre-Test And Post-Test Design". Samples are member of 20Fit SCBD, taken 20 from 97 population. Sampling by purposive sampling. Mechanical testing the hypothesis by using statistical analysis technique simple correlation and multiple correlation followed by t-test at significant level $\alpha = 0.05$.

The results of the research illustrate, there is a decrease in body fluids after exercise using the tool EMS (Electrical Muscle Stimulation) on the member 20Fit SCBD. The average of the first test is 73,03kg and the final test is 72,75kg.

From the analysis of data acquired the average difference is 0,29 with the standard deviation difference is 0.076 and average of standard difference the average is 0,017. In further calculations, the value of t-count is 17,05 and the value of t-table with degrees of freedom (n-1) and the significance level 5% is 2,09, which meant t-count value bigger than t-table (t-count > t-table) which indicates that the null hypothesis (H_0) is rejected and the alternative hypothesis (H_1) is accepted. Therefore be taken by conclusion that there are an effect of exercise using EMS (Electrical Muscle Stimulation) against loss of body fluid on member of 20Fit SCBD.