

## **SUMMARY**

### **COMPARISON OF EFFECTS WORK ZUMBA DANCE IN 60 MINUTES ON THE IMPROVEMENT LEVELS OF HIGH DENSITY LIPOPROTEIN (HDL) GROUP ON BODY MASS INDEX (BMI) OVERWEIGHT AND NORMAL MEMBER ACADEMY MUSCLE GYM.**

## **ABSTRACT**

This study aims to (1) Determine the effect of work zumba dance for 60 minutes against the HDL levels in the overweight BMI group members Muscle Academy Gym. (2) Determine the effect of zumba dance work for 60 minutes to the normal BMI group members Muscle Academy Gym. (3) Comparing HDL 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 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  $\alpha = 0.05$ . Final test zumba dance for 60 minutes at group BMI overweight and normal obtained by standard difference between the two mean ( $SE_{\text{mymy}} = 0,906$  values are made t-test is obtained = 5.077 then the calculation results was tested to the table on the 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 ( $t\text{-test} = 5.077 > t\text{-table} = 2.101$ ).

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