

Summary

COMPARISON OF ACTIVE RECOVERY AND PASSIVE RECOVERY TO DECREASE LACTIC ACID LEVELS IN BLOOD ON STUDENT OF SPORT SCIENCE PROGRAM 2014 STATE UNIVERSITY OF JAKARTA

Abstract

This study aims to know how much comparison between active recovery and passive recovery to decrease lactic acid levels on student of sport science program 2014 state university of Jakarta.

This research was conducted at the Rawamangun Sport arena, east jakarta from may 17th to may 20th 2016. The method used is an experimental method "Two Group Pre-test and Post-test Design". With purposive sampling techniques, sample of 20 people of the total population of 68 people. Data analysis techniques used is t-independent test.

Data analysis technique used is the statistic technique using t-test at significant level $\alpha = 0.05$ data analysis technique used is the analysis t-test start from counting t-test to compare the value of t-table at significant level 5%. The final work test data active recovery and passive recovery is obtained standard difference between two mean $(SE_{mxmy}) = 0,187$ those value are become t-count obtained = 3.690. Then the result of these calculation are tested to the table on the free degrees $(dk) = (N1+N2) - 2 = (10+10) - 2$ and the trust level 0,05 is obtained critical value t-table 2,101 ($t\text{-test} = 3,690 > t\text{-table} = 2,101$).

Final conclusions obtained through this research is the active recovery group received a bigger impact on reduction in lactic acid levels compared with passive recovery after doing recovery for about 20 minutes.

Key word : Active Recovery, Passive Recovery, lactic acid