

COMPARISON OF JOGGING AND STATIC BIKE EFFECT FOR 30 MINUTES ON CHANGE OF BODY FLUID IN MADRASAH ALIYAH STATE STUDENTS (MAN) 21 NORTH JAKARTA

ABSTRACT

This study aims to compare the effect of jogging and static bikes on changes in body fluids in MAN 21 North Jakarta students. This research was conducted in the Babek TNI field and in Jakarta State University Lab. This research began on 27 June - 21 July 2019. The method used in this study is the experimental method, and the form of One Group experimental research design "Pre Test and Post Test Design". The sample in this study as many as 20 people from a total population of 35 people with a sampling technique that is using purposive sampling. The data management technique used is the statistical t-test. Submission of hypotheses using t-test. Based on the calculation results obtained t-test value of 7.46 and t-table value with degrees of freedom (n-1) and a significant level $\alpha = 0.05$ obtained by 1.729 which means t-count = 7.46 is greater than t-table = 1,729. The null hypothesis (H₀) is rejected, meaning discarded by North Jakarta Madrasah Aliyah 21 (MAN) students who are jogging and Static Bicycles for 30 minutes, while jogging work shows more body fluids. Based on the results of research conducted in chapter IV, it can be concluded from the liquid released in North Jakarta Madrasah Aliyah 21 (MAN) Students who take jogging work and static bicycle work for 30 minutes as produced: Average North Jakarta MAN 21 who followed the work jogging for 30 minutes as much as 2600 ml. The average fluid loss in the body of MAN 21 North Jakarta students taken by a static bicycle for 30 minutes is 1000 ml. Running more sweat-producing fluid than on a bicycle statistic because jogging releases more body heat, so the heat in the body can not be too hot.

Keywords: jogging, static bicycle, body fluids.