

ABSTRACT

THE EFFECT OF AEROBIC EXERCISE ON FASTING BLOOD GLUCOSE LEVEL IN AEROBIC PARTICIPANTS AT SONIA FITNESS CENTER BANDAR LAMPUNG

By

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Aerobic is a physical activity which is done easily with achievable expense. When we do physical activity, insulin sensitivity will increase and cause blood glucose level decrease. The aim for this research was to determine the effect of aerobic exercise on fasting blood glucose level in aerobic participants.

This research was an experimental research by pretest dan posttest approach. In this study, we measured fasting blood glucose level in 32 respondents who were aerobic participants in Sonia Fitness Center Bandar Lampung. Blood samples were taken before and after aerobic exercise for 6 weeks.

The results showed significant differences ($p < 0,05$) between fasting blood glucose level in respondents before and after aerobic exercise. The mean fasting blood glucose level before aerobic exercise was $81,66 \pm 13,14$ mg/dl, and after aerobic exercise was $67,81 \pm 4,49$ mg/dl. This suggests that aerobic exercise can decrease fasting blood glucose level.

Keywords : *aerobic exercise, fasting blood glucose level*