ABSTRACT

CHANGES OF HDL LEVEL AND LDL LEVEL AS RESPONSE TO AEROBIC EXERCISE IN SONIATHE AEROBIC AND FITNESS CENTER BANDAR LAMPUNG

By

GINDI CININTIA ASMARANTAKA

Higher Low Density Lipoprotein (LDL) level and lowerHigh Density Lipoprotein (HDL) level can increase risk of atherosclerosis and the other cardiovascular diseases.Exercise is one way to maintain our health and fitness. Raising metabolism when we are doing exercise can influence HDL and LDL level, for exampleisdoingaerobic.The aim for this research is to determine theincreasing of HDL level and the decreasingof LDL level as a response to aerobic exercise.

This research is an experimental research by pretest dan posttest approach. Samples in this research was32 aerobic participants in Sonia The Aerobic and Fitness Center Bandar Lampung. Blood samples were taken on the first day and the last day of aerobic exercising during six weeks.

The results showed increasing of respondence's HDL level as 13% and decreasing LDL level as 9%. The mean of HDL level before and after exercise was 57,68 ± 10,12 mg/dland65,40 ± 10,99 mg/dl.The mean of LDL level before and after exercise was 124,28 ± 34,94 mg/dland112,90 ± 35,90 mg/dl.Statistical analysis showed significant differences between HDL and LDL levelin respondences before and after aerobic exercise. This suggests that aerobic exercise can increase HDL level and decrease LDL level.

Key words:aerobic exercise, HDL level, LDL level