

ABSTRACT

COMPARISON OF LUNG VITAL CAPACITY AND MEAN ARTERIAL PRESSURE IN SWIMMER AND SPRINTER MALE ATHLETES FOR PREPARATION OF PROVINCE SPORTS WEEK 2013 IN BANDAR LAMPUNG

By

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In improving the performance and ability of an athlete, the key is exercise regularly. Sports that needs to be improved are swimming and sprint running. The purpose of this study is to compare the lung vital capacity and mean arterial pressure in swimmer and sprinter male athletes for preparation of province sports week 2013 in Bandar Lampung. Research design using analytical comparative methods with cross-sectional approach. The study was conducted in January 2013 in Bandar Lampung Pahoman Stadium.

The sample of this research were 30 mens, comprising 15 swimmer athletes and 15 sprinter athletes. This research sample was using the total sampling technique and then adjusted for inclusion and exclusion criteria. The result showed that the mean of lung vital capacity of swimmer athlete is 3.40 liters and sprinter athletes is 2.62 liters, so both of them has the difference 0.78 liters. Based on the independent T test p is <0.05 , it is concluded that there are differences in lung vital capacity beetwen swimmer and sprinter athletes with $p = 0.001$. the result of mean arterial pressure in swimmer athlete is 84.53 mmHg, and sprinter athletes is 93.87 mmHg. Based on the independent T test p is <0.05 , it is concluded that there are differences in mean arterial pressure beetwen swimmer and sprinter athletes.

Key words: athlete, lung vital capacity, mean arterial pressure, sprinter, swimmer.