

## **ABSTRACT**

### **COMPARATION OF TOTAL LEUKOCYTE LEVEL BEFORE AND AFTER JOGGING ON 2013 FORCES OF MEDICAL FACULTY UNIVERSITY OF LAMPUNG**

**By**

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The change of lifestyle and physical activity towards the more negative side, could cause the increase of incidence of chronic illnesses which is the most prominent cause of the rate of mortality (36 million each year) and was the most frequent health problem occurred in the world. Common example of negative physical activity such as smoking could increase the risk of cancer, cardiovascular disease and diabetes mellitus up to 20-30% and could shortened our lifespan up to 3-5 years. Regular exercises has a major beneficial effect, it could prevent our body from suffering a particular chronic disease and enhance our immunity.

This research was an experimental reasearch with *pre-post test only one group design*. The total sample observed was 45 students who prone to exercised regularly by jogging, at least once a week on the past three weeks. The data obtained from the observation was analyzed using saphiro wilk normality test. Whereas, paired sample t-test was used to find the relationship between observed variables.

The result of this experiment show a significant effect of jogging towards level of leukocytes with p value of 0,001. Thus lead to the objection of  $H_0$  where the value of p was found  $<0,05$  ( $p < 0,05$ ) this shows that by doing jogging exercise regularly could effectively increase the level of leukocyte. This experiment was already tested by using the sophomores of medical faculty, University of Lampung as our sample. We hope that the result of this experiment could be a useful reference for enhancing our healthy beings.

**Keywords** : leukocyte, jogging, regular physical activity.