

EFFECT OF PHYSICAL ACTIVITY, AND HEMOGLOBIN LEVELS ON CARDIORESPIRATORY ENDURANCE

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ABSTRACT

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The objectives of this study were to determine: 1) the effect of physical activity on cardiorespiratory, 2) the effect of hemoglobin levels on cardiorespiratory, 3) the effect of physical activity and hemoglobin levels on cardiorespiratory, and 4) the contribution of physical activity and hemoglobin levels to cardiorespiratory.

The research method used is a survey method, with data collection techniques using a questionnaire and tests and measurements. Instruments To measure cardiovascular endurance using a multi-stage test. To measure physical activity using the Global Physical Activity Questionnaire (GPAQ). To find out the hemoglobin level is measured using a hemoglobin diaspect haemometer. The population in this study were students of the Sports Education Department, FIK. The determination of the sample by random sampling amounted to 194 students. Technical analysis of data using regression test.

The conclusion of this study is There is a significant effect between physical activity on heart and lung endurance of FIK UNY students with a significance value (Sig.) Of $0.001 < 0.05$ probability. There is a significant effect between hemoglobin levels on cardiorespiratory of FIK UNY students with a significance value (Sig.) Of $0.01 < 0.05$ probability. There is a significant effect between physical activity and hemoglobin levels on the heart and lung endurance of FIK UNY students with a significance value (Sig.) Of $0.01 < 0.05$ probability. The effect of physical activity and hemoglobin levels on heart and lung endurance is 83.9%, while 16.1% is influenced by other variables not examined.

Kata Kunci: *Physical Activity, Hemoglobin, Cardiorespiratory*