

# **The Effect of 'Taiso Gymnastics', Ojigi, and 15 Minutes Jogging on Core Body Muscle Endurance, Waist to Hip Ratio, Resting Heart Rate, Body Mass Index, and Aerobic Capacity of Participants in Apprenticeship Training in Bantul, Yogyakarta Special Region**

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## **ABSTRACT**

This study aims to determine how the effect of 'tais exercise', ojigi, and 15 minutes of jogging performed daily by apprenticeship training participants on several components of physical fitness which is the dependent variable of the study. The research subjects were 18 training participants in one of the LPKs in Bantul, all of whom were female and lived entirely in dormitories, making it possible for researchers to control the intervention.

This type of research is experimental research, research results will be presented using quantitative descriptive methods. Retrieval of research data used is one group pretest-posttest design. The dependent variable was measured to one group, before and after the treatment given to that group, then the values ??before and after the treatment were compared. The intervention given to the research subjects, as the independent variables were in the form of radio gymnastics taiso, ojigi, and jogging for 15 minutes, were given for six weeks. Meanwhile, the dependent variable of the study is the strength and endurance of the core muscles, waist-to-hip ratio, resting pulse rate, body mass index and aerobic capacity.

The research data were tested with univariate analysis and bivariate analysis. Univariate analysis was conducted to determine the characteristics of the respondents and the pre and post intervention data for each variable, while bivariate analysis was conducted to determine the relationship between variables. Based on the analysis, it was shown that there was a difference in muscle endurance before and after being given push-ups and sit-ups, there was a difference in the waist-to-hip ratio before and after the treatment, there was no difference in the resting pulse rate on the research subjects before and after the treatment. . And there are differences in body mass index values ??in research subjects before and after being given treatment.

*Kata Kunci: Taiso gymnastic, Ojigi, Jogging, Physical fitness.*