THE PREDICTION OF THE INCIDENCE RATE OF CARDIOVASCULAR DISEASE FOR THE EMPLOYEES AND LECTURERS OF YOGYAKARTA STATE UNIVERSITY BASED ON THE POST-EXERCISE RECOVERY HEART RATE

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ABSTRACT

Background: Work productivity is highly demanded in ensuring the sustainability of an institution. The fitness levels and health levels greatly affect a person's work productivity. There are several fitness indicators, one of which is cardiovascular fitness. The Rockport test is a cardiovascular fitness test that can be performed and has a high level of safety. To predict the level of cardiovascular health can be done with heart rate recovery measurements.
Objective: The purpose of this study were to determine: (1) the fitness levels of Yogyakarta State University lectures and employees, and (2) the magnitude of risk for the occurrence of cardiovascular disease.
Methods: This study is a cross sectional descriptive study on Yogyakarta State University lectures and employees who volunteered to take a fitness test by Department of Health Education and Recreation FIK UNY. The subject of this research amounted to 63 people. All subjects were given a fitness test of the rockport method and measured recovery heart rate after fitness test. From the result of recovery heart rate obtained then determine the magnitude of risk for the occurrence of cardiovascular disease. Data was presented descriptively qualitatively by percentage.
Results: The result of this study indicate that: (1) the fitness level of total 63 subjects, showed 31 (49%) subjects has very low fitness level, 10 (16%) subjects has low fitness level, 20 (32%) subjects has medium fitness level, and 2 (3%) subjects has good fitness level, (2) the results of the study also indicate that 37 (58,73%) subjects has high risk of cardiovascular disease, and 26 (41,27%) subjects has low risk of cardiovascular disease.
Conclusions: Measurements of fitness level and prediction of cardiovascular disease occurrence on subjects showed that the majority of subjects were 31 (49%) subjects has low fitness level, and 37 (58, 73%) subjects has a high risk of cardiovascular disease.

Kata Kunci: *The Incidence Rate Of Cardiovascular Disease, Post-Exercise Recovery Heart Rate*