

THE EFFECT OF HOME BODY WORKOUT EXERCISES ON MUSCLE ENDURANCE, VO2MAX, CONFIDENCE, AND LEARNING CONCENTRATION IN STUDENTS IN INDONESIA AND MALAYSIA

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ABSTRACT

Exercise has a good influence on a person's level of fitness and health, no except for exercises that are done without equipment and can be done individually at home each or known as Home Body Workout. Geographical differences, learning systems, the characteristics of students in Indonesia and Malaysia can have different influences on Muscle Endurance, VO2Max, Self-Confidence, and Learning Concentration even when given training The same Home Body Workout. Objective: There is a need to investigate and compare conditions (1) Muscle Endurance, (2) VO2Max, (3) Self-Confidence, (4) Study Concentration of students in Indonesia and Malaysia. Method: The research method uses analytical observational methods. The research subjects were sports students in Malaysia and Yogyakarta. The subject is Active students in both Indonesia and Malaysia totaling around 50 participants were determined using purposive sampling technique. Physical fitness data collection techniques use Rockport test, muscle endurance with sit ups and push ups, self confidence and concentration in studying measured by giving questionnaires to students. Technique for analyzing data using ANOVA. Target output: The output of this research is an international journal indexed by the SCOPUS database reputable. This research formulates the concept and application of an active lifestyle for students and students health promotion in Yogyakarta and Malaysia, so that the Technology Readiness Level indicator (TKT) this research is at level 2.

Kata Kunci: *Home Body Workout, Muscle Endurance, VO2Max, Self Confidence, and Study Concentration.*