

THE DIFFERENCE OF THE EFFECT OF SIT UP EXERCISE WITH PRONE PLANK EXERCISE ON DECREASING STOMACH CIRCLE IN ADOLESCENTS AT STIKES 'AISYIYAH SURAKARTA

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ABSTRACT

Background: Adolescents have varying quality of life influenced by lifestyle, infrastructure, emotional, and social welfare. Inactive teenagers tend to gain weight, which results in a distended stomach. Teenagers experience a distended stomach due to excessive calorie consumption, high stress, and rarely exercise. The physiotherapy modalities used are sit-up exercise and prone plank exercise. **Research Objectives:** To determine the differences in the effect of exercise sit-ups and prone plank exercise on decreasing abdominal circumference. **Research Method:** This study uses true experimental with two group pre-test and post-test design. Sampling by simple random sampling. The population in this study were DIV Physiotherapy students with 50 respondents divided into 2 groups. **Results:** The results of the Wilcoxon test in group I $p = <0.001$ and group II $p = <0.001$ ($p < 0.05$). Comparison between Z_{itung} and Z_{tabel} obtained by the result of $Z_{itung} > Z_{tabel}$ ($4.667 > 1.96$) for the sit up exercise value which means H_a is accepted H_o is rejected. Comparison for prone plank exercise obtained the results of $Z_{hitung} > Z_{table}$ ($4.462 > 1.96$) which means H_a is accepted H_o is rejected. The results of the Mann-Whitney test in both groups after treatment showed results of $p = 0.00$ ($p < 0.05$). **Conclusion:** There is a difference in the effect of sit-up exercise with prone plank exercise on decreasing abdominal circumference in adolescents.

Key Words: Teenager, Distended stomach, Sit Up Exercise and Prone Plank Exercise.