Abstract

The present research aims at identifying the influence of light intensity aerobic exercise and moderate intensity aerobic exercise on blood platelets of female university students. This research employs a randomized pretest-posttest control group design. The subjects of this research comprise 30 female students (aged 18-20 years) at the University of Prima Indonesia, from the Midwifery program 2007/2008. The results of pre- and post- examination were then descriptively and differentially analysed with normality testing, paired t-test and pairwise comparison with LSD. Based on the results of the paired t-test, we observed: (1) there is no significant difference between pre and post-test results within the control group (p=0.81), (2) there is a significant difference between pre and post-test results within the light intensity aerobic exercise group (p=0.03), and (3) there is a significant difference between pre and post-test results within the moderate intensity aerobic exercise group (p=0.02). It can be concluded that light intensity aerobic exercise and moderate intensity aerobic exercise increase the number of platelets in our subjects.

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