ABSTRACT

THE EFFECT OF FIRST SERIES *PERSADIA* EXERCISE ON WAIST CIRCUMFERENCE AND TRIGLYCERIDE LEVEL

INTRODUCTION: Obesity and dyslipidemia are risk factors for diabetes mellitus. Regular exercises can prevent those risk factors, one of which is the first series of *Persadia* exercise. *Persadia* exercise is a low-impact and rhythmical aerobic exercise which effectively reduces the glucose level in the blood. However, the effect of this exercise in reducing obesity seen from waist circumference and dyslipidemia seen from triglyceride level had never been proven.

OBJECTIVE: This research was conducted to confirm the effect of the first series of *Persadia* exercise on waist circumference and triglyceride level.

METHOD: An experimental field in the form of one group pretest and posttest design involving 12 women. Subjects performed the first series of *Persadia* exercise 3 times a week for 4 weeks with each set lasted for 40 minutes. Waist circumference was measured before and after exercise using *metline*, while triglyceride level was tested using vein blood taken before and 1x24 hour after exercise. The data obtained were statistically analyzed through descriptive statistical test, normality test, and paired sample t-test.

RESULTS: The average waist circumference has decreased from 85.67±7.970 to 84.50±8.263 with p = 0.105. The average triglyceride level also decreased from 104.75±43.787 to 95.67±41.324 with p=0.445. These results showed that the first series of *Persadia* exercise did not have any significant effect in improving waist circumference and blood triglyceride level.

CONCLUSIONS: The first series of *Persadia* exercise did not significantly improve the waist circumference and blood triglyceride level.

Key Words: Diabetes mellitus, dyslipidemia, obesity, *Persadia* exercise, triglyceride, waist circumference