ABSTRACT

The purpose of this research was to find out the influence of walking exercise with low intensity for 12 weeks on HDL and LDL cholesterol content in blood. This was a laboratory experiment research by applying "randomized control group pretest-posttest design" plan, with matching by subject pattern.

The samples in this research were 1999/2000 male student Faculty of Sport Education, State University of Semarang, whose age were 19 – 22 years. The determination of the samples size was based on a preliminary study. In this research, 42 samples were taken at random out of population of 120 people and were divided into 3 group of 14 people each group 1, 2 and3. Group 1 was not given any treatment (control group), group 2 was given treatment of walking exercise with low intensity, twice per week for 12 weeks, and group 3 was given a treatment of walking exercise low intensity three times per week the treatment were administration for 12 weeks.

The blood HDL and LDL cholesterols were taken before in the middle and after the treatment. The measurement of HDL and LDL cholesterol was done by using *CHOD-PAP test* method. Data of result were processed by descriptive and inferential statistic (normality test, homogeneity test, t pair test, t independent test) at significance level of 5% (α=0,05)

The result showed that :

1. There were significance difference (p = 0,024) (p = 0,042) between HDL cholesterol pretest and posttest 1, posttest 2 on group 1, and there significance difference (p = 0,000) (p = 0,000) between HDl cholesterol pretest and posttest 1, posttest 2 on group 2, and there were significance difference (p= 0,000) (p = 0,000) between HDL cholesterol pretest and posttest 1, posttest2 on group 3.
2. There were no significance difference (p = 0,077) (p = 0,090) between LDL cholesterol pretest and posttest 1, posttest 2 on group 1, and there significance difference (p = 0,009) (p = 0,000) between LDL cholesterol pretest and posttest 1, posttest 2 on group 2, and there were no significance difference (p = 0,416) between LDL cholesterol pretest and posttest 1 on group 3, and there were significance difference (p = 0,001) between LDL cholesterol pretest and posttest 2 on group 3.
3. There were no significance difference (p = 2,36) (p = 0,236) between ratio HDL/LDL cholesterol pretest and posttest 1, posttest 2 on group 1, and there significance difference (p = 0,000) (p = 0,000) between ratio HDL/LDL cholesterol pretest and posttest 1, posttest 2 on group 2, and there were significance difference (p = 0,000) (p = 0,000) between ratio HDL/LDL cholesterol pretest and posttest 1, posttest 2 on group 3.
4. There were significance difference (p = 0,045) (p = 0,001) between HDL cholesterol posttest 1 on group 1, and group 2, and there were significance.