

ABSTRACT

The purpose of this study was the effect of moderate intensity physical exercise exergaming on blood glucose regulation in young and healthy male. subject who were young and healthy. The design of this research is quasi experimental which involved twenty male subject with an average age ($20,60 \pm 0,62$) year, body mass index ($27,37 \pm 4,21$) kg/m², then divided into two groups which are exergaming and control groups. Exercise for four weeks as many as three sessions per week, and each session lasted thirty minutes. The variables studied were fasting blood glucose (FBG) level and the oral glucose tolerance test (OGTT) were taken before (pre-test) and after (post-test) in the exercise intervention group exergaming. The control group did not receive any intervention and retrieval of data in the same period of time. Blood glucose tests using capillary blood sample is applied to the strip glucose. Data analysis using SPSS t-test. After four weeks of meaningful FBG decline is obtained on a group of exergaming ($p=0,002$), but not in the control group. Obtained meaningful OGT decline ($p=0,000$) only obtained in the group exergaming, whereas in the control group were not obtained meaningful reduction. Conclusion of research is the physical exercise medium intensity for 4 weeks improve blood glucose regulation with low FBG and OGTT.