ABSTRACT

Background: *Uric acid in human beings was formed from the catabolism of purin. Based on the prevalence of hiperurisemia in Indonesia, WHO logs a joint disorder sufferers caused by hiperurisemia reaching 81% of the population. One way to prevent increased levels of uric acid in blood that is exercise, then the researcher interested in doing.*

Purpose: *Research to find out the influence of low intensity interval training and low intensity continuous training toward a decreased in the levels of blood uric acid and comparing the difference of the two method.*

Methods: *This type of research is experimental design that using the randomized pretest-posttest control group design. Retrieval method of sampling is probability sampling in simple random sampling. The respondent obtained as many as 27 undergraduated physician students at Airlangga University age 18-24 years. Low intensity interval training and low intensity continuous training 3 times a week with long practice for 3 weeks. Blood uric acid levels before and after exercise for 3 weeks are measured and analyzed.*

Results: *Results found, low intensity interval training group going blood uric acid levels decreased an average of 1.16 mg/dL. The value of the 95% confidence interval, is 0.61 to 1.69 for upper and lower. The significance of value (p) from the result of statistical tests that is smaller than the value of 0032 alpha (= 0.05). While the group low intensity continuous training occurs blood uric acid levels decreased an average of 1.96 mg/dL. The value of the 95% confidence interval, is 0.72 to 3.18 for upper and lower. The significance of value (p) from the result of statistical tests that is smaller than the value of 0032 alpha (= 0.05). After performing a statistical test that is a comparison test of the least significant difference (LSD) to find out which is the better training its influence on the blood uric acid levels. Obtained result that the low intensity continuous training group showed a difference of average of 1.48 mg/dL. The value of the 95% confidence interval, is 0.39 to 2.56 for upper and lower. The significance of value (p) from the result of statistical tests that is smaller than the value of 0.010 alpha (= 0.05).*

Conclusion: *This research proves the existence of significant influence of low intensity interval training and low intensity continuous training toward a decreased in the levels of blood uric acid. low intensity continuous training had a significant influence better toward a decreased in the levels of blood uric acid.*

Key words: *Uric acid, low intensity interval training, low intensity continuous training.*