ABSTRAK

EFEK AKUT *HIGH INTENSITY INTERVAL TRAINING* (HIIT) TERHADAP PENINGKATAN MEMORI JANGKA PENDEK PADA PEKERJA *SHIFT* MALAM

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Fungsi Kognitif merupakan aktivitas otak yang mengarah pada pengetahuan, termasuk bagaimana cara mendapatkan informasi yang meliputi berpikir, konsentrasi, dan memori. Kurangnya waktu tidur pada pekerja shift malam dapat menyebabkan penurunan fungsi kognitif dan fungsional terutama memori jangka pendek. Untuk mengatasi ini dapat digunakan sejenis olahraga alternatif yang dinamakan *High Intensity Interval Training* (HIIT), ditandai dengan periode latihan intensitas tinggi dikombinasikan dengan interval istirahat pendek. Tujuan penelitian ini untuk mengetahui efek akut HIIT terhadap peningkatan memori jangka pendek pada pekerja shift malam. Penelitian ini bersifat analitik, dengan desain eksperimental semu terhadap 30 laki-laki dewasa. Data yang diukur adalah skor (jumlah kata yang dapat diingat) dari tes memori jangka pendek sebelum dan sesudah melakukan HIIT. Analisis data menggunakan uji “t” berpasangan (α=0,05). Hasil penelitian didapatkan rerata skor memori jangka pendek setelah melakukan HIIT adalah sebesar 21,77 (SD ± 2,046) meningkat sangat signifikan dibandingkan rerata skor memori jangka pendek sebelum melakukan HIIT sebesar 18,20 (SD ± 1,883) (p<0,01). Simpulan penelitian HIIT secara akut meningkatkan memori jangka pendek pada pekerja shift malam.

Kata kunci: HIIT, Memori Jangka Pendek, Pekerja shift malam
ABSTRACT

THE ACUTE EFFECT OF HIGH INTENSITY INTERVAL TRAINING (HIIT) TO INCREASED SHORT-TERM MEMORY ON NIGHT SHIFT WORKERS

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Cognitive function is brain activity related to knowledge including how to get information such as: Thinking, concentration, and memory. Sleep deprivation on night shift workers can make decreased cognitive function and functional especially short-term memory. To overcome this condition can be use an alternative exercise called High Intensity Interval Training (HIIT), a combination of high intensity exercise with short rest interval. The Objective of this experiment was to determine the acute effect of HIIT to short-term memory on night shift worker. The design of this study was an analytical study with quasi-experimental design, conducted on 30 men. The data that measured was the words that can be memorized from the short-term memory test, before and after HIIT. Data was analyzed with dependent “t” test (α= 0.05). The results, there was a highly significant difference average scores after HIIT 21.77 (SD ± 2.046) compared to before HIIT 18.20 (SD ± 1.883) (p<0.01). The conclusion of this study: ”The acute effect of HIIT improved short-term memory on night shift workers.”

Keywords: HIIT, night shift workers, short-term memory
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