

ABSTRACT

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**The Influence of Gymnastic Discorobic Against College Physical Freshness
in STIKes Perdhaki Charitas Palembang.**

SKRIPSI

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Physical freshness, Gymnastic discorobic, college

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If you do the regular discorobic practice, increase you can get a physical freshness, if doesn't the regular physical practice, the physical freshness is aless er bad, so that when you have to much actifities of cause you can feel tired even became sick baccuse of the actifity. The purpose of the researh is to knowing the inpact discorobic practice with physical freshness STIKes Perdhaki Charitas Palembatng college years 2015.the kind of method to used is quantitatif, with one group pretest posttest and statistic dependen t-test. The sample decision teacnique with purposive sampling with 30 respondent the inclusion qualified, the instrument to used is harvard step test. The data analysis is univariat analysis and bivariat analysis. Result of the research before to give the treatment has got the physical freshnes level is very good (0%), good (6.7%), average (20%), less (26.7%), and very less (46.7%), while after the treatment has got the physical freshness level very good (3.3%), good (10%), average (40%), less (30%), and very less (16.7%). The result of statistic dependent sample t-test is has got the infruence signifikan between discorobic calisthenichs with physical freshness level at STIKes Perdhaki Charitas Palembang years 2015with the p value =0.001< a 0.05. The college have to be expected add the time for to do physical excercise or calisthenichs, that is before you do one time a week become twice a week. So that good physical freshne, and if the college have very good physical freshness so that they have spirit when the study.

Bibliography: 2001-2013