EFFECT OF HIGH-INTENSITY INTERVAL CARDIO TRAINING ON STRESS LEVEL OF STUDENTS DURING COVID-19 PANDEMIC

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ABSTRACT

Background: Final year students who are in the process of working on their final project feel overwhelmed and confused in the midst of the COVID-19 pandemic. This causes some students to experience stress. High-Intensity Interval Cardio Training is hypothesized to be able to reduce stress levels by overcoming stress symptoms that arise. This study aimed to analyze high-intensity interval cardio training in reducing student stress levels.

Subjects and Method: A quasi-experimental study with no control group was conducted at Muhammadiyah Berau Islamic institute, East Borneo, Indonesia. A sample of 53 last year's students was selected for this study. The dependent variable was stress. The independent variable was high-intensity cardio interval training. Eight types of high-intensity cardio interval training exercises were given for five weeks. From the first to the third week, they received level 1 exercise. From the fourth to the fifth week, they received level 2 exercise. Stress was measured by the Depression Anxiety Stress Scale 42 (DASS 42) before and after intervention. Data were analyzed using paired t-test.

Results: The mean of stress after high intensity interval cardio training (Mean= 41.30; SD= 4.49) was lower than before (Mean= 53.20; SD= 4.92), and it was statistically significant ($p= 0.010$).

Conclusion: High-intensity interval cardio training is lower stress in the last year's students during the COVID-19 pandemic.

Keywords: high-intensity interval cardio training, stress level, pandemic COVID-19.

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