

EFFECTIVENESS OF ST 36 ZUSANLI AND SP 6 SANYINJIAO POINT ACUPUNCTURE ON VO₂MAX AMONG ADOLESCENTS

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ABSTRACT

Background: An enhancement of aerobic capacity has always been in the scope of various exercise programs. Apart from traditional, like endurance training, methods to improve aerobic performance, there is growing interest to alternative bodywork techniques, e.g massage, yoga, and acupuncture. This study aimed to investigate the effect of ST 36 zusanli and SP 6 sanyinjiao point acupuncture on maximal aerobic capacity (VO₂max) in healthy adolescents.

Subjects and Method: This was a quasi-experiment conducted in Surakarta, Central Java, in 2021. A sample of 28 adolescents aged 11 to 16 years was divided into 2 groups, (1) intervention group consists of 14 adolescents received acupuncture and (2) 14 adolescents without any treatment as control group. The dependent variable was VO₂max. The independent variable was ST 36 zusanli and SP 6 sanyinjiao points acupuncture. The data were analyzed using a multiple linear regression.

Results: The ST 36 zusanli and SP 6 sanyinjiao point acupuncture increased VO₂max compared to control group, but it was statistically non-significant (b= 0.56; 95% CI= -0.16 to 1.28; p= 0.127). Female adolescents had lower VO₂max than males (b= -5.21; CI 95%= -5.99 to -4.33; p <0.001). VO₂max significantly increased with age (b= 0.76; CI 95%= 0.48 to 1.04; p <0.001).

Conclusion: The ST 36 zusanli and SP 6 sanyinjiao point acupuncture increase VO₂max, but it is statistically non-significant.

Keywords: ST 36 zusanli, SP 6 sanyinjiao, acupuncture, VO₂max, adolescents.

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