

Kusuma Deri (2016): The differences of *Heart Rate Variability* (HRV) Between Member and Non Member Basketball UKM in Muhammadiyah University of Yogyakarta

Advisor:

Nurvita Risdiana S.Kep.,Ns.,M,Sc.

ABSTRACT

Background: Healthy lifestyle can be done with positive activities such as sports, physical activity and doesn't apply *sedentary* lifestyle. *Sedentary* behavior contributes to all-cause mortality, one of which is associated with cardiovascular disease. Cardiovascular health can be seen through the *Heart Rate Variability* (HRV).

Objective: This research purpose is to know the difference HRV between active physical activity groups and *sedentary* groups in Nursing Science Program students of VIII semester Muhammadiyah University of Yogyakarta.

Methodology: This research is a quantitative research. To know the difference HRV between active physical activity groups and *sedentary* groups which is measured with electrocardiogram (ECG). Respondents consisted of 30 people of which 15 respondents were students with an active physical activity and 15 were students with sedentary activities.

Result: There is no difference *Heart Rate Variability* (HRV) in students with active physical activity and *sedentary*. It can be seen from Mean -Whitney test , the obtained value of $p = 0073$.

Conclusion: There is no difference *Heart Rate Variability* (HRV) in active physical activity students and *sedentary* students.

Keywords: Physical Activity, *Sedentary*, *Heart Rate Variability* (HRV) , *Electrocardiogram* (ECG).