EFFECT OF CARNITIN TOWARDS VO2 MAX AMONG MALE ADOLESCENT

Abstrak:

This study was aimed to investigate the influence of carnitin on the increase of VO2 Max in male adolescent SMK Negeri I Demak. This study was a True Experimental study using Randomized Pre Test-Post Test Control Group Design with Double Blind method. Population was 121 male adolescent SMK Negeri I Demak. And subjected to screening with inclusion criteria as follows: age of 14-17 years, Hb level of < 13 g/dl, nutrition status normal with BMI For Age 15-85 percentil, rest pulse normal, VO2 Max more less, and have no disease. Samples consisted of 22 individuals, taken by the use of simple random sampling and the samples were divided into two groups using random alocation technique. Results VO2 Max measurement was tested using inferential statistics, such as independent samples t-test. VO2 Max measurement was done twice, before and after intervention used Ergocycle test. Result of difference VO2 Max measurement using independent samples t test before and after intervention in all groups show had significant increase (p = 0.00). And means of VO2 Max in group I was 1,04 ± 0,05 cc O2 /kg bw / min, group II was 0,00 ± 0,04 cc O2 /kg bw /min.

Results of this study showed that (1) the administration of carnitin 1000 mg for 7 days increased VO2 Max (2) the administration of placebo didn’t increase VO2 Max in male adolescent SMKN I Demak. Larger sample should be involved in further studie on the influence of carnitin on the VO2 Max.

Keyword:

Carnitin, VO2 max, adolescent, male