

# COMPARISON OF VO2MAX ABILITY OF STATE UNIVERSITY STUDENTS YOGYAKARTA AND SULTAN IDRIS UNIVERSITY OF EDUCATION

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## ABSTRACT

This study aims to compare the vo2max of Yogyakarta State University (UNY/Indonesia) with the students of University of Education Sultan Idris (UPSI/ Malaysia). Methods. This research uses a survey. The sample used in this study This study used purposive sampling with a total of 72 UNY students and 35 UPSI students. students and UPSI as many as 35 students. The instrument used is the Multi Stage Fitness Test (MFT). The results of the study concluded from the results of calculations using equal variances assumed known sig value (2-tailed) of  $0.094 > 0.05$ . This means that there is no significant difference between significant difference between the average Vo2max of UNY and UPSI students

Kata Kunci: *Vo2max, UNY, UPSI*