

Differences in the Effect of Frequency of Drinking Telang Flower Tea with Aerobic Exercise on Weight Loss, Cholesterol, and VO₂Max

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ABSTRACT

Abstract. The purpose of this study was to examine and determine the difference in the effect of the frequency of drinking telang flower tea accompanied by aerobic exercise on weight loss (BMI) and cholesterol and an increase in VO₂ max. Experimental research design with pre and post-test design method. Grouping the groups using matching pairing and collecting data to measure height, weight (BMI), and blood tests in the form of cholesterol tests and Balke tests to measure VO₂ Max. The study population was all members of the TNI who had a BMI > 25. Data analysis used t-test to determine the difference between pre-test and post-test in each group and One Way Anova to determine differences between groups with a significant level ($p = 0,05$). The results of the data analysis on the pre- test between each group there were no significant differences in weight (BMI), cholesterol and VO₂ max ($p > 0.05$). The results of the analysis of the pre-test and post-test for each group there were significant differences for BMI, Cholesterol and VO₂ Max ($p < 0.05$), then the results of the post- test analysis between groups there were significant differences ($p < 0.05$) for BMI, Cholesterol and VO₂ Max. The results of this study, it can be concluded that consuming telang flower tea accompanied by aerobic exercise can affect the reduction of BMI, cholesterol and increase the value of VO₂ max.

Kata Kunci: *Telang flower tea, BMI, Cholesterol, and VO₂ max.*