THE EFFECTS OF RED GUAVA JUICE CONSUMPTION (*Psidium guajava L.* Cultivar Red) ON MALONDIALDEHYDE (MDA) DURING AEROBIC EXERCISE FOR THE BEGINNERS

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ABSTRACT

Aerobic exercise for the beginners potentially causes free radical compound. Free radicals can damage erythrocyte membranes, so that the number of erythrocytes decreases. The exogenous antioxidant supplement is necessary, one of which is vitamin C from the guava. The purpose of the study was to determine the effects of red guava juice consumption (psidium guajava l. cultivar red) on malondialdehyde (mda) during aerobic exercise for the beginners. The experimental-nonrandomized pre-post test control group research design was chosen. Sixteen students who were divided into 2 groups: which were the Red guava juice and Plain water group. Both groups perform aerobic exercise of 30 minutes, every 2 days for 27 days. Blood samples were taken 4 times. T-test and Repeated Anova test were used for data analysis. The levels of plasma MDA of both groups are not different with p>0,05. The analysis of result of Repeated Anova of Plain water group shows that there was disparity with p<0,05 and Consumption of Red guava juice for aerobic exercise group does not significantly lower the levels of plasma MDA.