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The Effect Of Mayo And Keto Diet and Physical Activities Toward Weight, Abdominal Circumference and Fat Thickness Reduction

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Abstract

Aim: The aim of this research was for knowing and testing: 1) weight reduction after done the diet for 13 days; 2) the effect of mayo and keto diet towards consumer’s physical activity; and 3) interaction between diet and physical activities.

Methods: The research method that used is experimental with the use of 2x3 factorial design. Sample for this research was whole population which is 30 people of dandellion catering consumer, starting from junior high school students to house wives. The instrument used for measuring abdominal circumference was meter, for measuring height was scale, and for measuring the fat thickness used skinfold. Analysis of this research was using ANOVA two paths with the score of significant level α = 0.05.

Results: The result of this research is: 1) The effect of keto and mayo diet towards weight, waist circumference, and fat thickness reduction, in significant level of < α 0.05; 2) diet effect (mayo and keto) and physical activity towards weight, waist circumference, and fat thickness reduction, in significant score for weight 0.706 > α 0.05, for waist circumference 0.631 > α 0.05, and for fat thickness .710 > α 0.05. 3) There was no significant interaction between diet (keto and mayo) and activity (light, medium, high) towards weight, waist circumference, and fat thickness reduction.

Conclusion: The conclusion towards this research was: 1) there was a significant different effect between keto and mayo diet towards weight, waist circumference, and fat thickness reduction; 2) there was no different significant effect between diet (mayo and keto) and physical activity towards weight, waist circumference, and fat thickness reduction; and 3) there was no interaction between diet (keto and mayo) and activity (light, medium, high) towards weight, waist circumference, and fat thickness reduction.

Keywords

diet keto, mayo, weight, waist circumference, fat thickness

INTRODUCTION

Human Body needs complete food supply so that it can get energy source for everyday activities. Human’s energy source comes from carbohydrate, fat, and protein. Carbohydrate becomes the main energy source within the body, then carbohydrate break down into a sugar which is becoming the energy source for our body. Body needs carbohydrate in a specific portion. When there is too much carbohydrate enters the body then not all carbohydrate turned into energy source by the body. The amount of the carbohydrate which is enters the body will turn into fat and heaped up within the body. This heaped up if happen continuously will result in various disruption such as obesity and diabetes.

Life style changes as a society that direct onto the modern habit. Along with a change, dietary habits also change. That food commonly has high calory because contain so much fat. This thing becomes characteristic of human life habit with foods that contain high calory.

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