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The Effect of High Intensity Interval Training Cardio on Stress Level on College Students Who Are Working On Undergraduated Thesis During The Covid-19 Pandemic

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## ABSTRACT

**Background:** Stress experienced on college students is usually in academic stress. For final year students who are in the process of working on their final project (undergraduated thesis), they feel overwhelmed and confused in the midst of the ongoing Covid-19 pandemic conditions. High Intensity Interval Training Cardio exercises are able to reduce a person's stress level by overcoming stress symptoms.

**Subjects and Method:** Quantitative research with pre-experimental research design one group pretest-posttest with a total sample of 53 college students of STIT Muhammadiyah Berau who are working on their undergraduated thesis. Eight types of High Intensity Interval Cardio training were given during the intervention process. On weeks I-III training is at level I and for weeks IV-V goes up to level 2. Stress level measured by Depression Anxiety Stress Scale 42 (DASS 42) before and after 10 section. Data were analyzed using paired t-test.

**Results:** College students' stress level decrease after High Intensity Interval Training, and it was statically significant ( $p= 0.001$ )

**Conclusion:** High Intensity Interval Cardio Training has an effect on the stress level on college students of STIT Muhammadiyah Berau in doing their undergraduated thesis during the Covid-19 pandemic. High Intensity Interval Training Cardio exercise can help deal with stress by speeding up the body's metabolism (affecting hormone secretion, blood glucose and lactate levels), lowering blood pressure, burning fat and calories, and toning muscle.

**Keywords:** High Intensity Interval Training Cardio, Stress Level, Covid-19 Pandemic, College Students.