

UNIVERSITI TEKNOLOGI MARA

**HEART RATES VARIABILITY DIFFERENCE IN
DIFFERENT *SALAT* POSITIONS AND FIVE
TIMES PRAYER AMONG MALE *MAAHAD*
TAHFIZ STUDENTS**

**By
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DECLARATION OF ORIGINAL WORK
BACHELOR OF SPORTS SCIENCE (HONS)
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I hereby submit the report on the above with recommendations.

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ABSTRACT

This study was designed to identifying the effects of the Muslims prayer on the heart rate while performing *Salat* in different positions: standing, bowing, prostrating, and sitting and in five times prayer. 10 subjects (male) participated the study and been choose through random sampling. The aim of this study was to determine the heart rate in different positions and five times prayer among male *Maahad Tahfiz* students in Pusat Tahfiz Nurul Iman, Perak. The study was analyzed used SPSS version 19.0. This study was used Repeated Measure ANOVA as the statistical analysis. The standing position of the *Salat* produced the highest respectively. It show that there was had significant different of mean in the heart rate of the subject in *Maghrib*. This study will motivate further study to discover the importants of *Salat* on human health.

Keywords-heart rate, Salat positions, five times prayer

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