

UNIVERSITI TEKNOLOGI MARA

**THE EFFECT OF BANANA ON MUSCULAR ENDURANCE
PERFORMANCE AMONG SPORTS SCIENCE STUDENTS**

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ABSTRACT

The purpose of this study was to determine the effect of banana on muscular endurance performance among sports science students. A total of 15 subjects ($N = 15$) from 19 years old to 22 years old ($M = 20.93$, $SD = 0.884$) were chosen via simple random sampling. This study was using one group pre and post experimental design with solid banana as study treatment. 1-minute push-up test have been conducted to measure the effect of banana on muscular endurance performance among sports science students. Subjects started to perform 1-minute push-up in the pre-test then subjects were consumed banana according to the subject's body weight. After 20 minutes consumed banana, subjects were performed another 1-minute push-up for the post test. The data for the pre and post-test were compared to evaluate the effect of banana on muscular endurance test. Using the paired sample t-test, the result showed the increment of push-up on the post-test compared to the pre-test. The study showed that there was a significant effect of banana towards muscular endurance ($p = .000$). As a conclusion, banana has an effect in enhance the muscular endurance performance.

KEYWORDS: *Banana, 1-minute Push-up, Muscular Endurance.*