

**UNIVERSITI TEKNOLOGI MARA**

**THE EFFECT OF GREEN TEA COMPLEX ON MUSCULAR  
ENDURANCE AMONG JENGKA VOLLEYBALL PLAYER**

**MUHAMMAD NAZMI FITRI BIN RODUAN**

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## ABSTRACT

Green tea has been used widely recently due to its medicinal property. The purpose of this study is to identify the effectiveness of green tea complex toward muscular endurance performance. Purposive sampling was conducted and a total of 24 subjects age 13 years old to 17 years old ( $M = 16.083$ ,  $SD = 1.139$ ) were participated into the study. Each subjects performed push up till failure as pre-test. Upon completion of pre-test, subjects were asked to consume green tea capsule 500mg before rest. After 2 hour passive rest, subject were asked to perform push-up till failure as post-test. Using the paired sample t-test, the result showed that there was not significant effect of green tea complex for increasing muscular endurance performance. As a conclusion, green tea complex were not effective on muscular endurance performance if there no any intervention in exercising and the green tea complex used.

Keywords: *Muscular Endurance, Green Tea Extract, Dietary Supplement*