

## ABSTRACT

The human being makes activities to run his life in order to meet his needs. The physical activity of human is influenced by the work of muscles. In muscle, there is catabolism of creatinine phosphate that produces the creatinine, a metabolite produced primarily in muscle. Synthesis of creatinine is completed through methylation of glycociamina by active metionin in brain. Creatinine in muscle is assumed constant so creatinine of urine can be used as mass index of muscle.

This research was to measure the content of creatinine urine from the construction worker (bricklayer) and the student based on physical activity in a day. The workers of 12 persons were groups with high physical activity and the student of 10 persons with low physical activity.

The result of research showed that the content of creatinine urine on average from the bricklayers was  $120,19 \pm 65,631$  mg/dl and the students  $205,53 \pm 131,418$  mg/dl. The result of these two groups was still normal in the content of creatinine urine based on the autoanalyzer Beckman tool (the normal value of creatinine urine content is 39-259 mg/dl), and there was no increase or decrease of the content of creatinin urine for the two subjects.

*The key words: the content of creatinine urine, physical activity, bricklayer, student.*