

ABSTRAK

Rapael Sitanggang (6203210031) “Pengaruh Latihan *Circuit Bodyweight* Terhadap Penurunan Berat Badan Mahasiswa *Overweight* IKOR Angkatan 2022 Universitas Negeri Medan”
(Pembimbing: Rosmaini Hasibuan)

Skripsi: Fakultas Ilmu Keolahragaan UNIMED 2024

Tujuan penelitian ini adalah untuk mengetahui pengaruh latihan *circuit bodyweight* terhadap penurunan berat badan mahasiswa *overweight* IKOR angkatan 2022 Universitas Negeri Medan. Penelitian ini dilaksanakan di lapangan serbaguna Universitas Negeri Medan. Metode penelitian yang digunakan dalam penelitian ini adalah eksperimen dengan *One Group Pretest-Posttest*, dengan teknik pengumpulan data menggunakan pengukuran tinggi dan berat badan. Sampel dalam penelitian ini adalah mahasiswa Jurusan Ilmu Keolahragaan, Universitas Negeri Medan Angkatan 2022 yang berjumlah 13 orang dengan teknik pengambilan sampel yaitu *purposive sampling*. Penelitian dilaksanakan selama 6 minggu dengan setiap minggu dilaksanakan 3 kali pertemuan. Teknik analisis data pada penelitian ini menggunakan uji normalitas, uji homogenitas, dan uji t. Data yang di analisis adalah data *pre-test* dan *post-test*. Hasil uji normalitas diperoleh data *pre-test* $L_{hitung} = 0,210$ dan data *post-test* $L_{hitung} = 0,232$ dan diperoleh nilai $L_{tabel} = 0,234$ dengan $n = 13$, maka $L_{hitung} < L_{tabel}$ sehingga dapat disimpulkan data berdistribusi normal. Hasil uji homogenitas diperoleh data *varians pre-test* = 11,859 dan data *varians post-test* = 11,414 diperoleh $F_{hitung} = 1,039$ dan $F_{tabel} = 2,678$ dengan $dk_1 = 12$ dan $dk_2 = 12$, maka $F_{hitung} < F_{tabel}$ dapat disimpulkan bahwa data adalah homogen. Hasil pengujian hipotesis diperoleh $t_{hitung} = 9,192$ dan $t_{tabel} = 2,179$, maka $t_{hitung} > t_{tabel}$ sehingga dapat disimpulkan terdapat pengaruh latihan *circuit bodyweight* terhadap penurunan berat badan mahasiswa *overweight* IKOR angkatan 2022 Universitas Negeri Medan.

Kata kunci: Latihan *Circuit Bodyweight*, Penurunan Berat Badan

ABSTRACT

**Rapael Sitanggang (6203210031) “The Effect of Circuit Bodyweight Training on Weight Loss in Overweight Students of the Class of 2022, Sport Science Department, Universitas Negeri Medan”
(Supervisor: Rosmaini Hasibuan)**

Thesis: Faculty of Sport Sciences, UNIMED, 2024

The purpose of this study was to determine the effect of circuit bodyweight training on weight loss in overweight students of the Class of 2022, Sport Science Department, Universitas Negeri Medan. This research was conducted at the multipurpose field of Universitas Negeri Medan. The research method used was an experimental method with a One Group Pretest-Posttest design. Data collection techniques included measurements of height and weight. The sample consisted of 13 students from the Sport Science Department, Universitas Negeri Medan, Class of 2022, selected through purposive sampling. The study was conducted over 6 weeks, with training sessions held three times per week. The data analysis techniques used were normality test, homogeneity test, and t-test. The analyzed data included pre-test and post-test results. The normality test results showed that the pre-test $L_{\text{calculated}} = 0.210$ and post-test $L_{\text{calculated}} = 0.232$, with a critical L_{table} value of 0.234 ($n = 13$), indicating that $L_{\text{calculated}} < L_{\text{table}}$, thus the data were normally distributed. The homogeneity test results revealed a pre-test variance of 11.859 and a post-test variance of 11.414, with $F_{\text{calculated}} = 1.039$ and $F_{\text{table}} = 2.678$ ($df_1 = 12$ and $df_2 = 12$), indicating that $F_{\text{calculated}} < F_{\text{table}}$, meaning the data were homogeneous. The hypothesis testing showed that $t_{\text{calculated}} = 9.192$ and $t_{\text{table}} = 2.179$, indicating $t_{\text{calculated}} > t_{\text{table}}$. Therefore, it can be concluded that circuit bodyweight training has a significant effect on weight loss in overweight students of IKOR class of 2022 at Universitas Negeri Medan.

Keywords: *Circuit Bodyweight Training, Weight Loss*