ABSTRAK

SOFIA RATNASARI PANJAITAN. NIM 6213210069. Pengaruh Senam Aerobik *Low Impact* Terhadap Penurunan Kadar Lemak Tubuh Pada Pelajar Putri Dengan Berat Badan Berlebih SMK Swasta Methodist Tanjung Morawa. (Pembimbing: Dr. Nurman Hasibuan, S.Pd., M.Or). Skripsi, Fakultas Ilmu Keolahragaan (FIK), UNIMED Tahun 2025.

Penelitian ini bertujuan untuk mengetahui pengaruh senam aerobik *low impact* terhadap penurunan kadar lemak tubuh pada pelajar putri dengan berat badan berlebih SMK Swasta Methodist Tanjung Morawa. Penelitian menggunakan pendekatan kuantitatif dengan metode eksperimen semu, khususnya desain *one group pre-test post-test.* Penelitian ini melibatkan 16 orang pelajar yang dipilih melalui teknik *purposive sampling*. Pengumpulan data dilakukan dengan mengukur kadar lemak menggunakan karada *scan* pada saat *pre-test dan post-test.* Analisis data menggunakan uji *paired sample t-test* dengan bantuan SPSS versi 22.

Hasil analisis menunjukkan bahwa nilai signifikansi 0,001<0,05 yang artinya latihan senam aerobik *low Impact* memberikan pengaruh yang signifikan secara statistik terhadap penurunan kadar lemak. Hal ini ditunjukkan dari perbandingan nilai rata-rata kadar lemak sebelum dan sesudah perlakuan, yaitu rata-rata *pre test* sebesar 26,806 dengan standar deviasi 5,3208 dan rata-rata p*ost-test* sebesar 25,950 dengan standar deviasi 5,2410 Dengan demikian, dapat disimpulkan bahwa senam aerobik *low impact* memberikan pengaruh yang signifikan terhadap penurunan kadar lemak tubuh pelajar putri dengan berat badan berlebih SMK Swasta Methodist Tanjung Morawa. Artinya ada penurunan kadar lemak tubuh pelajar putri dengan berat badan berlebih SMK Swasta Methodist Tanjung Morawa.

Kata kunci: Senam Aerobik *Low Impact*, Kadar Lemak

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ABSTRACT

SOFIA RATNASARI PANJAITAN. NIM 6213210069. The Effect of Low Impact Aerobic Exercise on Reducing Body Fat Levels in Overweight Female Students at SMK Swasta Methodist Tanjung Morawa. (Advisor: Dr. Nurman Hasibuan, S.Pd., M.Or). Undergraduate Thesis, Faculty of Sports Science (FIK), UNIMED, 2025.

This study aims to determine the effect of low impact aerobic exercise on reducing body fat levels in overweight female students at SMK Swasta Methodist Tanjung Morawa. The research employed a quantitative approach using a quasi-experimental method with a one-group pre-test post-test design. The study involved 16 students selected through purposive sampling. Data were collected by measuring body fat levels using a Karada Scan during the pre-test and post-test. Data analysis was conducted using the paired sample t-test with the assistance of SPSS version 22.

The results showed a significance value of 0.001 < 0.05, indicating that low impact aerobic exercise had a statistically significant effect on reducing body fat levels. This is evidenced by the comparison of the mean body fat levels before and after the intervention, with the pre-test mean at 26.806 (SD = 5.3208) and the post-test mean at 25.950 (SD = 5.2410). Therefore, it can be concluded that low impact aerobic exercise significantly reduces body fat levels in overweight female students at SMK Swasta Methodist Tanjung Morawa. This indicates a reduction in body fat percentage among overweight female students at SMK Swasta Methodist Tanjung Morawa.

Keywords: *Low Impact Aerobic Exercise, Body Fat Levels*

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