

ABSTRAK

Tuti Aulia (NIM 6181210008). “Pengaruh Latihan Senam Aerobik *Low Impact* Terhadap Penurunan Lemak Tubuh Ibu PKK Desa Sei Siur”

(Pembimbing : Mesnan)

Skripsi : Fakultas Ilmu Keolahragaan UNIMED 2022

Tujuan penelitian ini adalah untuk mengetahui pengaruh latihan senam aerobik *Low Impact* terhadap penurunan lemak tubuh Ibu PKK Desa Sei Siur. Penelitian menggunakan metode penelitian eksperimen dengan rancangan penelitian *one group pretest-posttest design*. Populasi dalam penelitian ini sebanyak 75 orang dan sampel dalam penelitian ini berjumlah 15 orang dengan teknik pengambilan sampel yaitu *purposive sampling*.

Penelitian ini dilakukan selama 18 kali pertemuan dengan durasi latihan 3 kali seminggu. Sampel melakukan latihan senam aerobik *Low Impact* untuk penurunan lemak tubuh. Latihan senam aerobik *Low Impact* dilakukan dalam waktu 65 menit (pemanasan 10 menit, latihan inti 45 menit dan pendinginan 10 menit).

Secara deskriptif hasil penelitian ini menunjukkan sebelum latihan senam aerobik *Low Impact* memiliki nilai rata-rata persentase lemak tubuh (*pretest*) sebesar 76,33 dan setelah dilakukan latihan senam aerobik *Low impact* terdapat nilai rata-rata persentase lemak tubuh yaitu 67,00. Kemudian secara statistik hasil uji *Paired Sample Test* dengan (*2-tailed*) menunjukkan bahwa nilai sig. $0,002 < 0,05$ dan menunjukkan $t_{hitung} (3,915) > t_{table} (2.131)$ pada $\alpha 0,05$ dengan menolak H_0 dan menerima H_a yaitu terdapat pengaruh latihan senam aerobik *Low Impact* terhadap penurunan lemak tubuh Ibu PKK Desa Sei Siur.

Kata Kunci : Senam Aerobik *Low Impact*, Lemak tubuh.



ABSTRACT

Tuti Aulia (NIM 6181210008). “The Influence of Low Impact Aerobic Exercise on Body Fat Loss for PKK Sei Siur Village Woman”

(Mentor : Mesnan)

Thesis : Faculty of Sport Science UNIMED 2022

The purpose of study was to determine the effect of Low Impact aerobic exercise on reducing body fat in PKK Sei Siur village. The research method with one group pretest-posttest research design. The population in this study as many as 75 people and the sample to 15 people with a sampling technique that is purposive sampling.

This research was conducted for 18 meetings with the duration of exercise 3 time a week. The sample did Low Impact aerobic exercise to reduce body fat. Low Impact aerobic exercise is done in 65 minutes (10 minutes warm up, 45 minutes core exercise and 10 minutes cool down).

Descriptively, the result of this study indicate that before Low Impact aerobic exercise has an average body fat percentage value (pretest) of 67,33 and after Low Impact aerobic exercise there is average body fat percentage value of 67,00. Then statistically the result of the paired sample test with (2-tailed) showed that the sig. 0,002 < 0,005 and show $t_{count} (3,915) > t_{table} (2.131)$ at 0,05 by rejecting H_0 and accepting H_a that is, there is an effect of Low Impact on reducing body fat of PKK Sei Siur village woman.

Keyword : Low Impact Exercises, Gymnastics Body Fat.

