ABSTRAK

SAKHIR NOVITA SARI HULU. NIM 6212510012. Pengaruh Senam Aerobik *Low Impact* Terhadap Penurunan Berat Badan Berlebih (*Overweight*) Pelajar Siswa Putri SMK Swasta Methodist Tanjung Morawa. (Pembimbing: Indah Verawati, S.Psi, MA). Skripsi, Fakultas Ilmu Keolahragaan (FIK), UNIMED Tahun 2025.

Penelitian ini bertujuan untuk mengetahui pengaruh senam aerobik *low impact* terhadap penurunan berat badan berlebih (*overweight)* pelajar siswa putri SMK Swasta Methodist Tanjung Morawa. Penelitian menggunakan pendekatan kuantitatif dengan metode eksperimen semu, khususnya desain one group pre-test post-test. Penelitian ini melibatkan 15 orang siswa pelajar yang dipilih melalui teknik purposive sampling. Pengumpulan data dilakukan dengan mengukur berat badan menggunakan Timbangan digital 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 berat badan berlebih (*overweight*). Hal ini ditujukkan dari perbandingan nilai rata-rata berat badan sebelum dan sesudah perlakuan, yaitu rata-rata *pre-test* sebesar 64,867 dengan standar deviasi 8,5441 dan rata-rata *post-test* sebesar 62,880 dengan standar deviasi 8,1150 Dengan demikian, dapat disimpulkan bahwa senam aerobik *low impact* memberikan pengaruh yang signifikan terhadap penurunan berat badan pelajar siswa putri dengan berat badan berlebih (*overweight*) SMK Swasta Methodist Tanjung Morawa. Artinya ada penurunan berat badan pelajar siswa putri dengan berat badan berlebih (*overweight*) SMK Swasta Methodist Tanjung Morawa.

Kata Kunci: Senam Aerobik *Low Impact*, *Overweight*, Berat Badan

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ABSTRACT

SAKHIR NOVITA SARI HULU. NIM 6212510012. The Effect of Low-Impact Aerobic Exercise on Overweight Reduction in Female Students of Methodist Private Vocational School Tanjung Morawa. (Supervisor: Indah Verawati, S.Psi, MA). Thesis, Faculty of Sport Science (FIK), UNIMED 2025.

This study aims to determine the effect of low-impact aerobic exercise on overweight reduction in female students at Methodist Private Vocational High School in Tanjung Morawa. The study used a quantitative approach with a quasi-experimental method, specifically a one-group pre-test-post-test design. This study involved 15 students selected through purposive sampling. Data collection was conducted by measuring body weight using a digital scale during the pre-test and post-test. Data analysis used a paired sample t-test using SPSS version 22.

The analysis results showed a significance value of 0.001 <0.05, indicating that low-impact aerobic exercise has a statistically significant effect on overweight reduction. This is shown from the comparison of the average weight value before and after treatment, namely the pre-test average of 64.867 with a standard deviation of 8.5441 and the post-test average of 62.880 with a standard deviation of 8.1150 Thus, it can be concluded that low impact aerobic exercise has a significant effect on weight loss of overweight female students at Methodist Private Vocational School Tanjung Morawa. This means that there is a decrease in the weight of overweight female students at Methodist Private Vocational School Tanjung Morawa.

Keywords: *Low Impact Aerobic Exercise, Overweight, Body Weight*

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