



ABSTRAK

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BEDA PENGARUH SENAM AEROBIK HIGH IMPACT DAN CORE STABILITY EXERCISE TERHADAP PENURUNAN KADAR LEMAK TUBUH WANITA USIA 20-25 TAHUN.

Terdiri dari VI BAB , 117 halaman, 18 gambar , 11 tabel, 4 Skema,10 lampiran

Tujuan : Untuk mengetahui beda pengaruh senam aerobik *high impact* dan *core stability exercise* terhadap penurunan kadar lemak tubuh wanita usia 20-25 tahun. **Metode :** Penelitian ini merupakan *Quasi Eksperimental* dengan *pre test-post test design* untuk mengetahui perbedaan suatu latihan yang diberikan terhadap objek penelitian. Analisis statistik penelitian ini menggunakan Uji *Paired Samples T-Test* dan Uji *Mann-Whitney U Test*. **Sample :** 20 orang yang dibagi menjadi dua kelompok perlakuan, kelompok I terdiri dari 10 orang dengan Senam aerobik *high impact* dengan frekuensi 3 x seminggu selama 1 bulan dan kelompok II yang terdiri dari 10 orang dengan *Core stability exercise* dengan frekuensi latihan yang diberikan 3x seminggu selama 1 bulan. **Hasil :** Perbedaan nilai *mean* pada kelompok I sebelum latihan $30,09 \pm 1,26$ dan setelah d latihan $27,7 \pm 1,08$. Pada kelompok II nilai *mean* sebelum $34,38 \pm 7,48$ dan setelah latihan $33,47 \pm 7,61$. Hasil uji homogenitas dengan *Levene's Test* menunjukkan bahwa data bersifat homogen diperoleh $p > 0,105$ ($p > 0,05$). Hasil Uji hipotesa I diperoleh Uji *Paired Samples T-Test* $p < 0,001$ yang berarti ada pengaruh penurunan kadar lemak tubuh sebelum dan sesudah senam *aerobik high impact*. Uji hipotesa II dengan Uji *Paired Samples T-Test* $p < 0,001$ yang berarti ada pengaruh penurunan kadar lemak tubuh sebelum dan sesudah *core stability exercise*. Uji hipotesis III Uji *Mann Whitney U Test* diperoleh $p < 0,001$ yang berarti ada beda pengaruh senam *aerobik high impact* dan *core stability exercise* terhadap penurunan kadar lemak tubuh. **Kesimpulan :** Ada beda pengaruh senam *aerobik high impact* dan *core stability exercise* terhadap penurunan kadar lemak tubuh wanita 20 – 25 tahun. Dan terlihat bahwa pemberian senam aerobik *high impact* lebih baik jika di bandingkan dengan pemberian *core stability exercise* terhadap penurunan kadar lemak tubuh wanita usia 20 – 25 tahun.

Kata Kunci : Kadar lemak tubuh, Senam Aerobik *High Impact*, dan *Core Stability Exercise*.



ABSTRACT

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DIFFERENT EFFECT GYMNASTICS AEROBIK HIGH IMPACT DAN CORE STABILITY EXERCISE DECREASED LEVELS OF BODY FAT WOMEN AGED 20-25 YEARS.

Consisting of chapter VI , 117 Maps, 118 Pictures, 11 Tables, 10 Anmex

Objective: This study aimed to determine the effect of different high-impact aerobics and core stability exercise to decrease body fat levels of women aged 20-25 years. **Sample:** sample consisted of 20 participants consisting of students and selected by purposive sampling technique using the assessment table provided. Sample grouped into two treatment groups, the treatment group I consists of 10 people with gymnastics given frequency is 3 times a week and the treatment group II consisted of 10 people with the frequency of a given workout 3 times a week. **Methods:** This study is a Quasi-experimental study to determine the effects of an exercise of the object studied. Statistical analysis of this study using the t test related and independent t test. **Results:** Results of homogeneity test with related t test showed that the value of $P = 0.00$ ($P < \alpha = 0.05$) means that at the beginning of the study there is a difference between the treatment group decreased levels of body fat significantly. T test results related to the treatment group I $P = 0.00$ ($P < \alpha = 0.05$) in the treatment group II $P = 0.00$ ($P < \alpha = 0.05$) means of exercise performed each group effect on a decrease in body fat levels. And test results independenmenunjukkan t test P value = 0.18 ($P < \alpha = 0.05$), which means there is significant influence between the treatment groups I and II treatment group. **Conclusion:** It is concluded that there are different influences High Impact aerobics and core stability exercise to decrease body fat levels of women aged 20-25 years. In this study suggested that the number of samples to be reproduced easily generalized and need to gauge the validity and the reliability was good and follow the exercises regularly and routinely and regularly in order to get maximum results.

Keywords : Body fat levels, High Impact Aerobics Gymnastics, , Core Stability Exercise