

ABSTRACT

THE EFFECT OF AEROBIC EXERCISE ON THE INCREASE OF FITNESS IN MENOPAUSE WOMEN

Pre Experimental Research in Krajan III Village, Banyuwangi

by Dwi Irmayana

Menopause is the cessation period of menstruation that occurs naturally due to the reduction of estrogen and progesterone hormones. It has adverse effect on cardiovascular system and causes physical or psychological symptoms. It can decrease the physical fitness in menopause period. The objective of the study was to analyze the effect of aerobic exercise on the increase of fitness in menopause women.

The design of this study was one group pre test and post test design involving one group subject. This study took 17 respondents of menopause women. This study used purposive sampling. The independent variables were aerobic exercise and the dependent variables were the increased of fitness in menopause women. The data were collected and analyzed by using Paired t-test with significance level of $p \leq 0.05$ for Interval data scale. For ordinal data scale the analysis was done using Wilcoxon Signed Ranks test in the significance level of $p \leq 0.05$.

Result showed that aerobic exercise had significantly effect on the stabilization of pulse rate ($p = 0.000$), systolic blood pressure ($p = 0.000$), diastolic blood pressure ($p = 0.002$), respiratory rate ($p = 0.000$), and menopause syndrome ($p = 0.000$). It can be concluded that there are significant effects of aerobic exercise in the decrease of pulse rate, blood pressure, and menopause syndrome for increasing the fitness of menopause women.

Aerobic exercise may have influence on menopause women if it is done frequently and continuously, so that the physical fitness can be remarkably improved and the psychological stress can also be overcome. Further studies should measure the effect of aerobic exercise on the increase of fitness in menopause women especially in the immunity system particularly that concerning with the role of interferon and immunoglobulin.

Keywords : menopause, aerobic exercise, fitness

