

ABSTRAK

Setiap individu memiliki keunikan masing-masing untuk proses pembentukan tubuhnya sehingga latihan senam Body Language ialah salah satu solusinya. Salah satu keunikan dari peserta senam Body Language ialah ingin membentuk pantatnya untuk lebih kencang. Pendekatan yang digunakan adalah pendekatan antropologi antropometri dengan analisis kuantitatif. Variabel yang diukur yaitu ukuran lingkaran perut, lingkaran pantat dan lingkaran paha atas. Penelitian ini menggunakan metode pengambilan sampel total sampling dengan kuota sampel sebanyak 35 peserta remaja perempuan di sanggar senam Body Language Pucang Surabaya. Ukuran variabel lingkaran perut, lingkaran pantat dan lingkaran paha atas diukur dari minggu pertama hingga minggu keempat, lalu ukuran variabel ditampilkan dalam bentuk tabel distribusi. Hasil analisis menunjukkan nilai *mean* dari variabel minggu pertama hingga minggu keempat signifikan. Kesimpulan akhir penelitian ini adalah bahwa latihan senam Body Language selama kurun waktu satu bulan sangat berpengaruh terhadap pembentukan pantat.

Kata kunci: *senam Body Language, pembentukan pantat*

ABSTRACT

Individuals had their own uniqueness for their body building process, so the Body Language gymnastics exercises were one of the solutions. One of the uniqueness of its participants was they would like to form their buttocks to be tighter. The approach used was anthropometric anthropological approach with quantitative analysis. The variables measured were the size of the abdominal circumference, the buttocks circumference, and the upper thigh circumference. In this research, the sampling method used was total sampling with 35 participants of sample quota that consisted of adolescent girls in the Body Language gymnasium in Pucang Surabaya. The measurement of abdominal circumference, buttocks circumference and upper thigh circumference variable was measured from the first week to the fourth week, subsequently the variable measurement was illustrated into the distribution table form. The results of the analysis indicated that the mean value of the first week to the fourth week variable was significant. It appeared that the Body Language gymnastic exercises for one month were very influential on the formation of the buttocks.

Keywords: Body Language gymnastics, buttocks formation