

ABSTRAK

Senam aerobik merupakan olahraga yang digemari oleh ibu-ibu saat ini yang didasari oleh, keinginan mengurangi ukuran tubuh yang overweight dan obesitas. Penelitian ini menggunakan metode pengambilan sampel *purposive sampling* dengan sampel sebanyak 30 peserta ibu-ibu dengan kriteria umur 20 sampai 45 tahun, body type *overweight* dan obesitas di sanggar senam Pokok'e Sehat Sidorejo Pakal Surabaya. Penelitian dilakukan selama 4 minggu atau satu bulan dengan frekuensi 3 kali perminggu dengan durasi latihan 30-60 menit. Pendekatan yang digunakan adalah pengukuran antropometri dengan analisis deskriptif kuantitatif. Variabel yang diukur yaitu Berat Badan (BB), lingkar lengan, lingkar dada, lingkar perut, lingkar paha, lemak bisep, lemak trisep, lemak abdomen, lemak subscapula, dan lemak paha. Ukuran-ukuran tersebut diukur dari minggu pertama hingga minggu keempat. Hasil analisis di uji dengan menggunakan Paired T-test untuk mengetahui pengaruh senam aerobik terhadap ukuran tubuh pada minggu pertama dan minggu keempat. Hasil analisis menunjukkan adanya pengaruh yang signifikan dari variabel berat badan, lingkar dada, lingkar paha, lemak biceps, lemak triceps, lemak paha, sedangkan variabel lingkar lengan, lingkar perut, lemak abdomen dan lemak subscapula tidak terdapat pengaruh yang signifikan. Hal ini disebabkan karena porsi latihan senam aerobik gerakan ditekankan pada otot di bagian lengan dan paha.

Kata kunci: *Senam Aerobik,, Ukuran Tubuh, Overweight dan Obesitas*

ABSTRACT

Aerobics is a sport that is fond of by mothers in the present time based on the desire of reducing their overweight body size and obesity. This research used purposive sampling technique that consisted of 30 (thirty) participants of mothers with criteria from 20 (twenty) to 45 (forty five) years old, with overweight body type and obesity in the gymnasium Pokok'e Sehat in Sidorejo Pakal Surabaya. The research was carried out for 4 (four) weeks or one month with 3 (three) times of frequency in a week and the duration of exercise is 30 (thirty) to 60 (sixty) minutes. The approach used was the anthropometric measurements with quantitative descriptive analysis. Measured variables were weight, arm circumference, chest circumference, waist circumference, thigh circumference, biceps fat, triceps fat, abdominal fat, subscapula fat, and thighs fat. Those sizes were measured from the first week to the fourth week. The analysis results were examined by using Paired T-test in order to determine the influence of aerobic exercise towards body size in the first week and fourth week. The results of the analysis showed a significant influence to the variable of weight, chest circumference, thigh circumference, biceps fat, triceps fat, and thighs fat, meanwhile the variable of arm circumference, abdominal circumference, abdominal fat and subscapula fat did not have significant influence. This was due to the portion of aerobic exercise movement focused on the muscle in the arms and thighs.

Keywords: Aerobics Exercise, Body Size, Overweight and Obesity