

**THE EFFECT OF TABATA BODY WEIGHT TRAINING TO LOWER
BODY FAT AND VISCERAL FAT PERCENTAGE, AS WELL AS PLASMA
LEPTIN ON OBESE WOMEN AGE 19-21 YEARS OLD**

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ABSTRACT

Background : Obesity is one of serious problem and has correlation with metabolic syndrome. Obesity has clinical manifestation in the form of heart disease, cancer, and diabetes mellitus type 2. In advanced and develop country, obesity prevalence increased every year. Tabata body weight training is one of alternative choice which can be reduced number of obesity.

Aim : To proved the effectivity of Tabata body weight training to decreased body fat percentage, visceral fat percentage, and plasma leptin on obese women age 19-21 years old.

Method : This research used pre-experimental with research design “the one group pretest-posttest group design”. Sample size 16 sedentary obese woman students (n=16), average of age 20.56 ± 0.63 years old, BMI 28.62 ± 3.13 kg/m², weight 68.33 ± 6.96 kg, height 154.50 ± 5.40 cm. The exercises program for 4 weeks (5 times of week) used progressive exercise. The body fat and visceral fat percentage used BIA (mBCA type 514), plasma leptin used KIT ELISA DBC CAN-L-4260.

Results : The Tabata body weight training significant pretest and posttest group differences of paired t test body fat percentage $p=0.000$ ($p<0.05$) dan plasma leptin $p=0.000$ ($p<0.05$), wilcoxon sign rank test on visceral fat percentage $p=0.002$ ($p<0.05$).

Conclution : Tabata body weight training decreased body fat percentage, visceral fat percentage, and plasma leptin on obese women age 19-21 years old.

Key words : Tabata body weight training, percentage body fat, visceral fat percentage, plasma leptin, obese women