

HUBUNGAN AKTIVITAS SENAM AEROBIK DENGAN PENURUNAN BERAT BADAN  
PADA IBU-IBU YANG MENGALAMI KEGEMUKAN (Studi di Kelurahan Kalibanteng  
Kulon Kecamatan Semarang Barat Kota Semarang)

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Kegemukan adalah penyebab utama penyakit, kegemukan pada wanita akan meningkatkan risiko menderita kanker payudara dan kanker endometrium. Berbagai cara melakukan senam aerobik secara rutin. Latihan olahraga yang teratur terbukti sangat efektif untuk menurunkan berat badan. Tujuan dari penelitian ini adalah mengetahui hubungan aktivitas senam aerobik dengan penurunan berat badan pada ibu-ibu yang mengalami kegemukan (Studi di Kelurahan Kalibanteng Kulon Kecamatan Semarang Barat Kota Semarang). Penelitian ini merupakan penelitian deskriptif analitik dengan rancangan penelitian *kohort*. Sampel kelompok berisiko adalah ibu-ibu gemuk yang tidak mengikuti senam aerobik dan sampel kelompok tidak berisiko adalah ibu-ibu peserta senam aerobik yang mengalami kegemukan, dengan kriteria inklusi serta metode pengambilan sampel secara *purposive sampling* diperoleh 33 orang tiap kelompok. Pengolahan data menggunakan program *Nutrisoft*, *Microsoft Excel 2003* dan *SPSS for Windows 12*. Analisis data berupa analisis univariat (tabel distribusi dan grafik) dan analisis bivariat menggunakan uji *chi-square* dan *risk ratio*. Hasil penelitian menunjukkan 63,6 % kelompok tidak berisiko dan 42,4 % kelompok berisiko mengalami penurunan berat badan pada ibu-ibu yang mengalami kegemukan dengan *p-value* 0,084 dan RR sebesar 2,375 dengan *Confidence Interval* 95 % antara 0,883-6,390. Saran yang dapat diberikan kepada pengelola dan pelatih senam aerobik adalah perlunya mengintegrasikan program senam dengan pengaturan asupan makanan.

**Kata Kunci:** Senam aerobik, penurunan berat badan, ibu-ibu, kegemukan

## THE CORRELATION OF GYMNASTICS AEROBIC WITH DECREASE IN THE WEIGHT TO WOMEN WHO EXPERIENCED OVERWEIGHT (STUDY IN DISTRICT OF KALIBANTENG KULON SEMARANG SUBDISTRICT WEST SEMARANG CITY)

*Obesity was the main cause of the illness, obesity will to the woman increase the risk of suffering breast cancer and endometrium cancer. Various methods were carried out by the community to overcome obesity, one of them by doing gymnastics aerobic routinely. The sport exercise that was arranged was proved to be very effective to reduce the weight. The aim of this research was to know the correlation of gymnastics aerobic with the decrease in the weight to women who experienced obesity (the Semarang City). This research was the descriptive research analytical with the research plan cohort. The risky group was you were fat that did not carry out gymnastics aerobic and the group was not risky was you were fat that carried out gymnastics aerobic, the taking method of the sample in a purposive manner sampling was received by 33 people of each group. The data was processed made use of the NUTRSOFT program, Microsoft Excel 2003 and SPSS of Windows the version 12. The analysis of the data took the form of the analysis univariate (the distribution table and the graph) and the analysis bivariate made use of the test of Chi-Square and Risk the ratio. Results of the research showed 63,6 % the group was not risky and 42,4 % the risky group experienced the decline in the weight, there were no activity relations of gymnastics aerobic with the decline in the weight to you that obesity with p-value 0,084 and RR as big as 2,375 Confidence the Interval 95 % between 0,0883-6390. The suggestion that could be given to the manager and the gymnastics coach aerobic was the need to integrate the gymnastics program with the regulation food intake.*

*Keyword: gymnastics aerobic, decrease in the weight, women, overweight*