

## ABSTRAK

### **Dampak Aktivitas Senam Aerobik, Tari Zumba, dan Tari Jaipong Terhadap Perubahan Kadar Lemak Tubuh**

**Nancy Trisari Schiff**

Banyak promosi jenis latihan aerobik untuk menurunkan berat badan dan kadar lemak tubuh, tetapi belum ada yang membuktikan secara teori kebenarannya, penelitian ini bertujuan untuk mengetahui dampak alternative latihan aerobik terhadap perubahan kadar lemak tubuh sesuai dengan teori yang teruji. Metode yang digunakan dalam penelitian ini adalah metode desain eksperimen semu (Quasi Experimental Design) dengan Teknik *The Nonequivalent Control Groups Design*. Populasi penelitian adalah mahasiswi UKM senam aerobik, UKM modern dance, dan UKM tari jaipongan STKIP Pasundan Cimahi. Teknik sampel diambil dengan menggunakan tehnik *convenience* sampel yaitu pengambilan sampel seadanya pada setiap kelompok aktivitas. Jumlah keseluruhan sampel adalah 50 orang. Sampel penelitian dibagi menjadi tiga kelompok (kelompok aktivitas senam aerobik 20 orang, kelompok aktivitas tari zumba 20 orang, kelompok aktivitas tari jaipong 10 orang). Semua kelompok akan menjalankan latihan selama 6 minggu. Teknik analisis data menggunakan t test dan Wilcoxon untuk uji rata-rata dua sampel berpasangan (pre-posttest), dan uji Kruskal Wallis. Hasil penelitian ini menunjukkan bahwa aktivitas senam erobik, aktivitas tari zumba, dan aktivitas tari jaipong menunjukkan perubahan terhadap kadar lemak tubuh. Kesimpulan secara umum dari penelitian ini adalah bahwa aktivitas senam erobik, aktivitas tari zumba dan aktivitas tari jaipong memberikan dampak perubahan terhadap kadar lemak tubuh, sehingga ketiga aktivitas ini bias menjadi alternatif latihan aerobik. Penelitian ini menyarankan bahwa tari zumba dan tari jaipong yang diprogram menggunakan prinsip latihan erobik sesuai dengan teori bisa menurunkan kadar lemak tubuh.

\*Kata kunci :Senam Aerobik, Tari Zumba, Tari Jaipong, Kadar Lemak Tubuh.

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## ABSTRACT

### **An Impact The Gymnastics Aerobic Activity, modern dance, and Traditional Dance To Change The Body Fat**

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Many research says that conducting the aerobic training could decrease weight, but only a few research that focus on a body fat level reducing, as well as other aerobic activities that could have an impact on changes in body fat levels. The purpose of this study was to determine the effects of the gymnastics aerobic activity, zumba dance, and jaipong dance to changes in body fat levels. The method used in this research is quasi experimental design (The Nonequivalent Control Groups Design). The population of this research was students who join UKM aerobic gymnastic, UKM modern dance, and UKM jaipongan activity STKIP Pasundan Cimahi. Samples were taken using total sampling. The total number of samples are 50. The samples were divided into three groups (20 people from aerobics dance activity, 20 people from modern dance activity group, and 10 people from a group of traditional dance activity). All groups will conduct exercise for 6 weeks. Statistic Analysis used in this research are t- test and Wilcoxon to test an average of two paired samples (pre-posttest) and the Kruskal-Wallis test. The results of this study indicate that aerobic dance activity, the activity of zumba dance, and dance activities Jaipong change body fat levels. General conclusion from this study is that the aerobics dance activity, zumba dance activity, and jaipong dance activity effect the changes in body fat levels, so that the three activities can be alternative for aerobic exercise. This study suggests

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that the zumba dance and jaipong dance that are programmed using the principle of aerobic exercises can reduce the body fat besides the aerobic gymnastic itself.

Key : Aerobic Gymnastic, Zumba Dance, Jaipong Dance, Body fat.



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