

PENGARUH LATIHAN SENAM AEROBIK DAN WATER FITNESS
TERHADAP TINGKAT KEBUGARAN KARDIORESPIRATORI

SKRIPSI

Diajukan sebagai bagian dari persyaratan untuk mendapatkan gelar Sarjana Sains
Program Studi Ilmu Keolahragaan



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**PENGARUH LATIHAN SENAM AEROBIK DAN WATER FITNESS
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**Diajukan untuk memenuhi sebagian dan syarat untuk memperoleh
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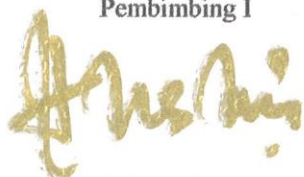
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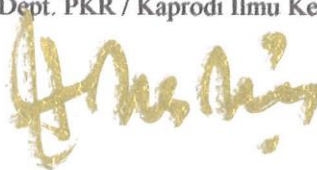
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ABSTRAK

PENGARUH LATIHAN SENAM AEROBIK DAN WATER FITNESS TERHADAP TINGKAT KEBUGARAN KARDIORESPIRATORI

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Kebugaran jasmani merupakan kemampuan untuk melakukan aktivitas fisik sehari-hari tanpa mengalami kelelahan. Setiap manusia memiliki aktivitas fisik berbeda dan kebugaran jasmani yang dimiliki juga akan berbeda. Fakta yang terjadi di lapangan menurut beberapa penelitian tingkat aktivitas fisik kian hari kian menurun, menurunnya tingkat aktivitas fisik dapat menyebabkan beberapa resiko penyakit yaitu obesitas, jantung, diabetes tipe 2 dan penurunan fungsi fisiologis. Hal tersebut dapat diatasi dengan melakukan aktivitas fisik yang bersifat kardiorespiratori atau kemampuan sistem peredaran darah dan pernapasan memasok oksigen selama aktivitas fisik. Senam aerobik merupakan tren baru dan dapat menjadi jawaban dari permasalahan yang terjadi, dengan melakukan senam aerobik yang teratur dapat meningkatkan kebugaran kardiorespiratori. Penelitian ini menggunakan metode *True Experimental Design* dimana subjek diberi perlakuan untuk menguji pengaruh penerapan *water fitness* dan senam aerobik terhadap kebugaran kardiorespiratori. Metode penelitian yang digunakan *The Randomized Pretest-Posttest Control Group Design*. Sampel penelitian berjumlah 20 orang dibagi menjadi dua kelompok, 10 orang kelompok *water fitness* dan 10 orang kelompok senam aerobik. Berdasarkan hasil analisis data SPSS 22.0 *water fitness* dan senam aerobik memberikan pengaruh terhadap tingkat kebugaran kardiorespiratori dengan nilai signifikansi 0,000. Kelompok *Water fitness* meningkat 5 % dan senam aerobik 7%. Kesimpulannya senam aerobik lebih efektif dalam peningkatan kebugaran kardiorespiratori.

Kata Kunci : *water fitness*, senam aerobik, kebugaran kardiorespiratori

ABSTRACT

THE EFFECT OF AEROBIC AND WATER FITNESS GYMNASTICS ON THE LEVEL OF CARDIORESPIRATORY FITNESS

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Physical fitness is the ability to carry out daily physical activities without experiencing fatigue. Every human being has different physical activity and physical fitness that is possessed will also be different. The facts that occur in the field according to several studies have increasingly decreased the level of physical activity, decreasing levels of physical activity can cause some risk of disease, namely obesity, heart disease, type 2 diabetes and decreased physiological function. This can be overcome by doing physical activities that are cardiorespiratory or the ability of the circulatory system and breathing to supply oxygen during physical activity. Aerobic exercise is a new trend and can be the answer to the problems that occur, by doing regular aerobic exercise can improve cardiorespiratory fitness. The research method used is The Randomized Pretest-Posttest Control Group Design. The research sample consisted of 20 people divided into two groups, 10 people in the water fitness group and 10 people in the aerobic exercise group. Based on the results of the SPSS 22.0 water fitness and aerobic exercise data analysis, it affected the cardiorespiratory fitness level with a significance value of 0,000. The Water fitness group increased 5% and 7% aerobic exercise. In conclusion, aerobic exercise is more effective in increasing cardiorespiratory fitness.

Keywords : water fitness, aerobics, cardiorespiratory fitness

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