

**PENGARUH SENAM AEROBIK DAN ZUMBA TERHADAP KOMPOSISI
TUBUH, SIKLUS MENSTRUASI DAN DISMENORE PADA WANITA
OBESITAS**

**Diajukan untuk memenuhi sebagian dari syarat memperoleh gelar
Magister Pendidikan Program Studi Olahraga**

TESIS



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Sebuah Tesis Yang Disusun Untuk Memenuhi Salah Satu Syarat
Memperoleh Gelar Magister Pendidikan
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PERNYATAAN

Dengan ini saya menyatakan bahwa tesis dengan judul “*Pengaruh Senam Aerobik Dan Zumba Terhadap Komposisi Tubuh, Siklus Menstruasi Dan Dismenore Pada Wanita*” ini beserta seluruh isinya adalah benar-benar karya saya

Linda Desrianda Tamher, 2020
PENGARUH SENAM AEROBIK DAN ZUMBA TERHADAP KOMPOSISI TUBUH, SIKLUS MENSTRUASI, DAN DISMENOIRE PADA WANITA OBESITAS
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ABSTRAK

**PENGARUH SENAM AEROBIK DAN ZUMBA TERHADAP KOMPOSISI
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Obesitas adalah salah satu penyakit serius yang meningkat setiap tahunnya, dan lebih banyak menyerang wanita usia reproduktif. Tujuan penelitian ini untuk mengetahui pengaruh dan perbandingan pengaruh senam aerobik dan zumba terhadap komposisi tubuh, siklus menstruasi dan dismenore. Penelitian eksperimen ini dilakukan dengan teknik pengambilan sampel *purposive sampling* pada member S Fitness Center, sehingga didapatkan sampel yang memenuhi kriteria dan dibagi menjadi 2 kelompok secara acak, 11 orang kelompok senam aerobik dan 11 orang kelompok zumba. Instrumen yang digunakan adalah pengukuran komposisi tubuh menggunakan alat *Omron Karada Scale*, angket menstruasi dan angket dismenore, hasil data yang dihitung dengan rumus *Paired Sample T-Test* dan *One Way Anova* SPSS. Hasil penelitian berpengaruh signifikan untuk komposisi tubuh dan dismenore, dan hasil penelitian tidak berpengaruh signifikan untuk siklus menstruasi dan perbandingan pengaruh kedua kelompok. Dapat disimpulkan senam aerobik dan zumba berpengaruh terhadap komposisi tubuh dan dismenore, akan tetapi tidak berpengaruh terhadap siklus menstruasi, lalu senam aerobik dan zumba memiliki pengaruh yang sama terhadap penurunan komposisi tubuh, siklus menstruasi dan dismenore.

Kata kunci : Senam Aerobik, Zumba, Komposisi Tubuh, Siklus Menstruasi, Dismenore, Wanita Obesitas

ABSTRACT

EFFECT OF AEROBIC DANCE AND ZUMBA ON BODY COMPOSITION, MENSTRUAL CYCLE, AND DYSMENORRHEA FOR OBESE WOMEN

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Obesity is the one serious disease which increased every years, and more suffered to reproductive age women. The aim of this research is to examine the effect and the comparison effect aerobic dance and zumba for body composition, menstrual cycle and dysmenorrhea. This experiment research used purposive sampling to S Fitness Center members, until obtained samples had an criterias and that's devided random to 2 group, 11 peoples to aerobic dance's group and 11 peoples to zumba's group. The instruments is Omron Karada Scale for measuring body composition, menstruation quissionaire and dysmenorrhea quissionaire, the data used Paired Sample T-Test and One Way Anova SPSS for get the result. The result had significant difference for body composition and dysmenorrhea, and the result h for menstrual cycle and the comparison effect of 2 groups. The conclusion is aerobic dance and zumba have a significant effect for body composition and dysmenorrhea, but have not significant effect for menstrual cycle, also aerobic dance and zumba have a same effect for decreasing body composition, menstrual cycle and dysmenorrhea.

Kata kunci : Aerobic Dance, Zumba, Body Composition, Menstrual Cycle, Dysmenorrhae, Obese Women

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