

# Differences in the influence of Aerobics and Zumba Gymnastics Against Weight Loss Ladiva Gymnastics Studio Members

Sri Gusti Handayani<sup>1\*</sup>, Anton Komaini<sup>2</sup>

<sup>1,2</sup>Faculty of Sports Sciences, Universitas Negeri Padang Padang, Indonesia

\*Corresponding author. Email: [handayanisrigusti@gmail.com](mailto:handayanisrigusti@gmail.com)

## ABSTRACT

The problem with this research is that there are still many mothers with Ladiva gymnastics who are overweight even though they have been doing gymnastics for a long time. Ladiva gymnastics have a schedule of aerobic and zumba gymnastics with the same instructor. The purpose of this study was to see the extent of the difference in the effect of aerobic and zumba exercises on the weight loss of mothers in the Ladiva gym. This type of research is quasi-experimental, where later researchers will provide aerobic and zumba gymnastics treatments for 16 meetings with mothers in Ladiva gymnastics. The sample in this study was saturated with reference to the nonprobability sampling technique. The test is carried out through a test measuring the weight of a Ladiva gymnastic member, and data analysis is done by t test analysis. The results showed that there was an influence of aerobik gymnastic and zumba gymnastics on the weight loss of women gymnastic members in Ladiva studio.

**Keywords:** Weight, Aerobics, Zumba Gymnastics

## 1. INTRODUCTION

Nowadays it is seen that the development of sports occurs very rapidly. Many new sports have been developed in Indonesia. This is inseparable from the increasing interest in the community towards existing sports.

Ranging from health sports, recreational sports to achievement sports. More and more people do sports to maintain their health and even shape their bodies to be ideal. This is in line with the opinion of Elly, et al (2018: 2) Especially women who are preoccupied with a busy job make them also want to refreasing, have a healthy, fitter and more attractive body. One of the most popular fitness centers today among women is the aerobics studio. Thus, aerobics workshops are visited. Aerobics is a sport that is very popular with the public, especially mothers. Gymnastics is often done wherever located, such as in the field, in the room, even in swimming pools known as aquarobics. Aerobic exercise has many goals including to lose weight and shape the body to make it look more solid and fresh, improve heart work and blood pressure. In accordance with the opinion of Agik (2012: 2) that the benefits of aerobic exercise among other things can burn excess body fat, strengthen the endurance of the heart and lungs, improve the appearance. According to the large Indonesian Dictionary, "Gymnastics is a sport that involves the performance of movements that require the

strength of speed and harmony of regular physical movement."

Based on the above quote it can be explained that gymnastics involves performance with strength and speed and harmony of movement. Harmony of this movement is made with a series of foot and hand movements called choreography that is very harmonious with the accompaniment of music. According to Lynne Brick (2002: 9) Aerobics is the best way to practice because aerobics can be done spontaneously or by preparation. That is, aerobic exercise can be done spontaneously or by preparation in a systematic way. While Ade Husnul (2010: 11) defines aerobic exercise is a exercise that is done for those who are able to do activities with high performance especially if when carrying out activities with a long time the weight of the training will be heavier. Ade's opinion implies that aerobic exercise cannot be done by everyone because it depends on his ability to follow high performance for a long time. Because aerobic exercise is a physical activity that is carried out continuously so that the body requires more oxygen and an increased pulse rate. The benefits of aerobics are for the heart, muscle strength, flexibility, body composition can reduce obesity.

Zumba gymnastics is one type of aerobic exercise where the movements use a lot of flexibility in the shoulders and hips. According to Garzia (2011: 23) Zumba is a fitness sports program created by Colombian

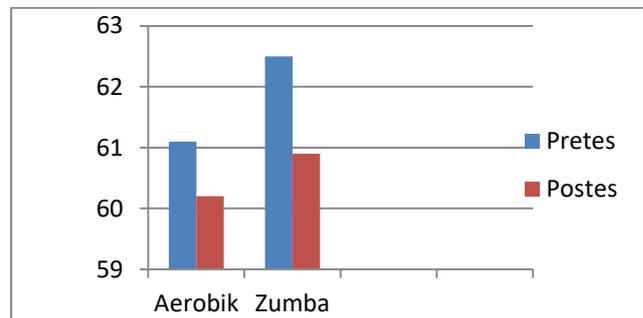
dancer and choreographer Alberto "Beto" Pérez during the 1990s. Zumba is a trademark owned by Zumba Fitness, LLC. Brazilian pop singer Claudia Leitte has become an international ambassador for Zumba Fitness. According to Andre Gunawan (2015: 1) Zumba gymnastics is a form of application of the HIIT (High Intensity Interval Training) method, which is cardio training done in a short time with high intensity. Aerobic and zumba gymnastics are exercises that aim for physical fitness and body building. Ladiva gymnastics studio is a studio that has aerobic and zumba gymnastics programs. Besides Body language and Yoga programs. The problem is seen that many ladiva gymnastics members who still have excess weight despite being active doing exercises regularly and regularly. Based on this circumstance, it is necessary to conduct a research that wants to see the difference of the influence of aerobic and zumba gymnastics on the weight loss of ladiva gymnastics members.

**2. METHODS**

The type in this study is quasi-experimental. Where researchers provide treatment in the form of aerobic gymnastics and zumba gymnastics that has been programmed to be carried out during 16 meetings, where one week held 3 meetings. This treatment is given to the sample after the initial test with weight measurements. Furthermore the sample was divided into two groups by matching pairing method with the equalization of the two groups. After that, they were treated for 16 meetings, where group A with aerobic exercise and group B with Zumba gymnastics. and after being given treatment the final test is done. The population in this study were women members of gymnastics in Ladiva gymnastics totaling 20 people, and the sample in this study was taken by saturated sampling, where all populations were sampled. The method used in data collection is to record the results of a weight test using a Digital weight scale. The test is done by weighing the sample weight. The analysis used was the t test analysis.

**3. RESULT AND DISCUSSION  
RESULT**

Results of the study with a histogram The differences in the influence of Aerobic Gymnastics and Zumba Gymnastics Against Weight Loss of Ladiva Gymnastics Members with a summary of the analysis as follows:



Normality Test From the results of the normality test, the L count in the initial test group 1 and the initial test group 2 is smaller than the L table with a significance level of 5%. Therefore, it can be concluded that the initial test data for group 1 and the initial test for group 2 are normally distributed.

Homogeneity Test Based on the results of the homogeneity test conducted, the calculated F value obtained from the initial test is smaller than f table with a significance level of 5%. Because F arithmetic <F table, it can be concluded that group 1 and group 2 have homogeneous variance.

Initial Test and Group 1 Final Test Data Analysis (Aerobics) The t-test results for the initial and final tests in group 1 were 4.971, greater than the 2.262 table. Which means rejecting the null hypothesis (Ho). Then it can be concluded that there is a difference between the initial test and the end of group 1.

Analysis of preliminary data and final test group 2, the results of t-test calculation for the initial test and final test in group 2 of 5.014 is greater than the table of 2.262 which means rejecting the null hypothesis (Ho). It can be concluded that there is a difference between the initial test and the final test in group 2 exercise

Test differences before being treated, based on the results of testing the initial test difference with tcount between group 1 and group 2 obtained a value of 0.684 and ttable with a significance level of 5% and n-1 of 2.262. Because tcount <ttable, it can be concluded that the weight value group 1 and group 2 before being treated there were no significant differences.

Test the difference after being given treatment, based on the results of testing the difference with the statistical analysis of the t-test between group 1 and group 2 obtained tcount of 6.380 and ttable with a significance level of 5% and n-1 of 2.262. Because tcount > ttable it can be concluded the value of body weight group 1 and group 2 after being treated there were significant differences.

Test for differences in weight loss, it is known that group 1 had a decrease of 0.62 while group 2 had a decrease of 1.60. Thus it can be concluded that group 2 has a higher percentage of decline than group 1.

Hypothesis test. Based on the results of testing the differences performed on the final test data between group 1 and group 2 the results of tcount were 6.3804 while the t table at a significance level of 5% was 2.262, based on these results it can be explained that, there were significant differences between the final tests of group 1 (Aerobic exercise) and group 2 (zumba gymnastics).

### **Discussion**

Ideal and healthy body weight can be defined as a weight condition that is balanced with height. Discussion of Research Results Weight loss in members of the Ladia gymnastics with Zumba exercise is better than the results of exercise with aerobic exercise. This is because zumba gymnastics training is easily done by members of the Ladia gymnastics, so weight loss is more effective than aerobic exercises. In addition, physical endurance is also faster to increase compared to the aerobic group. Besides zumba gymnastics movements such as dance so that gymnastics members do not feel burdened in doing movements, in contrast to aerobic exercises, where the movements are remembered by gymnastics members so they do not focus on moving but also on cognitive skills to remember movements.

### **4. CONCLUSION**

Based on the calculation results, it can be concluded the following results: 1. There is a convincing difference in effect between aerobic and zumba gymnastics on the weight loss of Ladia

Gymnastics member2. Zumba exercise can lose more weight compared to aerobic exercise for members of Ladia Gymnastics Studio.

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