



## EFEK LATIHAN *ZUMBA* TERHADAP BERAT BADAN DAN LEMAK TUBUH

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### INTISARI

**Latar Belakang:** data Riskesdas tahun 2007, 2010, dan 2013 menunjukkan peningkatan prevalensi penduduk dewasa dengan berat badan berlebih. Berat badan berlebih adalah akumulasi lemak berlebihan dalam tubuh yang beresiko bagi kesehatan. Hal ini disebabkan oleh tidak seimbangnya asupan energi dan aktivitas fisik, dimana asupan energi dari makanan lebih banyak dibandingkan energi yang dikeluarkan oleh tubuh. Saat ini latihan *Zumba* banyak dipromosikan oleh instansi kebugaran untuk membantu menurunkan berat badan berlebih. Namun, penelitian mengenai latihan *Zumba* belum banyak dilakukan, sehingga dibutuhkan kajian mengenai efek latihan *Zumba* terhadap berat badan dan lemak tubuh.

**Tujuan:** mengetahui efek latihan *Zumba* terhadap berat badan dan lemak tubuh (persentase lemak total, persentase lemak subkutan, dan *visceral fat*) serta mengetahui perbedaan perubahan berat badan dan lemak tubuh pada kelompok dengan latihan *Zumba* dan kelompok kontrol.

**Metode:** penelitian ini merupakan penelitian eksperimental dengan desain *pretest posttest with control group*. Kelompok kontrol (T1) sebanyak 29 wanita diberikan edukasi gizi dan *booklet* berjudul "Pencegahan Penyakit Tidak Menular Melalui Gaya Hidup Sehat", serta tidak menjalani latihan *Zumba* selama 6 minggu. Kelompok intervensi (T2) sebanyak 28 wanita menerima edukasi gizi dan *booklet* serta menjalani latihan *Zumba* 2 kali per minggu selama 6 minggu. Kelompok kontrol dan intervensi menggunakan subjek yang sama. Asupan zat gizi subjek masing-masing kelompok digali dengan form SQ-FFQ. Pengambilan data dan latihan *Zumba* dilakukan di selasar Gizi Kesehatan FKKMK UGM.

**Hasil:** pada kelompok kontrol (T1), asupan karbohidrat meningkat secara signifikan. Persentase lemak total subjek meningkat secara signifikan, namun tidak ada perubahan signifikan pada berat badan, persentase lemak subkutan, dan *visceral fat*. Pada kelompok intervensi (T2), asupan energi dan lemak meningkat secara signifikan. Berat badan subjek juga meningkat secara signifikan, namun tidak ada perubahan signifikan pada persentase lemak total, persentase lemak subkutan, dan *visceral fat*. Terdapat penurunan persentase lemak total pada kelompok intervensi (T2) meskipun data tidak signifikan. Perubahan persentase lemak total antara kelompok kontrol (T1) dan intervensi (T2) berbeda secara signifikan.

**Kesimpulan:** terdapat perubahan yang signifikan pada berat badan setelah latihan *Zumba*, namun tidak pada lemak tubuh. Terdapat perbedaan yang signifikan pada persentase lemak total tubuh antara kelompok kontrol (T1) dan intervensi (T2).

**Kata Kunci:** *Zumba*, berat badan, persentase lemak total, persentase lemak subkutan, *visceral fat*.

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## EFFECTS OF ZUMBA EXERCISE ON BODY WEIGHT AND BODY FAT

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### ABSTRACT

**Background:** Riskesdas data in 2007, 2010, and 2013 showed an increased prevalence of adult with excess body weight. Excess body weight is the accumulation of excessive fat stored in the body that increase health risk due to the unbalanced of energy intake and physical activity, which the energy intake is more than the energy used by the body. Currently, Zumba exercise is promoted by many fitness industries to help people lose weight. However, research on Zumba exercise hasn't been done much.

**Objectives:** to determine the effects of Zumba exercise on body weight and body fat (total body fat percentage, subcutaneous fat percentage, and visceral fat). Also to determine the change differences on body weight and body fat between control group and exercise group.

**Methods:** this is an experimental study with pretest posttest with control group design. 29 women in control group (T1) were given nutritional education, booklet titled "Prevention of Non Communicable Disease through Healthy Lifestyle", but no Zumba exercise for 6 weeks. 28 women in exercise group (T2) were given nutritional education, booklet, and Zumba exercise twice a week for 6 weeks. Dietary intake were interviewed with SQ-FFQ. Data collection and Zumba exercise were done in Faculty of Medicine, UGM.

**Results:** in control group (T1), carbohydrate intake was increased significantly. There was a significant increase on total body fat percentage, but no significant change on body weight, subcutaneous fat percentage, and visceral fat. In exercise group (T2), energy and fat intake were increased significantly. There was a significant increase on body weight, but no significant change on total body fat percentage, subcutaneous fat percentage, and visceral fat. There was a slight decrease on body fat percentage in exercise group (T2), but not significantly. There was a significant change difference on body fat percentage between control group (T1) and exercise group (T2).

**Conclusion:** there was a significant change in body weight after Zumba exercise, but not on body fat. There was a significant change difference on total body fat percentage between control group (T1) and exercise group (T2).

**Keywords:** Zumba, body weight, body fat percentage, subcutaneous fat percentage, visceral fat.

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