

Aerobics Exercise Activities as an Effort to Improve Physical Fitness

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ABSTRACT

This research was conducted to determine whether there is an influence of aerobic gymnastics exercises on the physical fitness of the community in Krapyak XI hamlet, Margoagung village, Seyegan, Sleman, Yogyakarta. The purpose of the research is to assess the level of physical fitness among the residents of that village. The research takes the form of an experimental study with the entire population of mothers in Bukit Tengah hamlet, totaling 136 people. The instrument used in this research is the cardiovascular endurance test (Bleep Test), which aims to measure an individual's physical fitness. The hypothesis proposed is that there is an influence of aerobic gymnastics exercises on the physical fitness of the residents of Krapyak XI hamlet, Margoagung, Seyegan, Sleman, Yogyakarta. The obtained data was found to be significant, with a calculated t-value of 2.50, while the t-table value is 1.73, as the calculated t-value > t-table, specifically $2.50 > 1.73$, at a significance level of $\alpha = 0.05$. This indicates that the null hypothesis (H_0) is rejected, and the alternative hypothesis (H_a) is accepted, meaning that there is an influence of aerobic gymnastics exercises on physical fitness in the Krapyak XI hamlet. In this study, it is hoped that the residents, especially those in Krapyak XI hamlet, will engage in physical activities more frequently to promote health and maintain physical fitness, which can ultimately lead to increased productivity in the community.

Kata Kunci: *Aerobic Gymnastics, Physical Fitness*