

# EFFECT OF AEROBIC DANCE AND FITNESS PROGRAMS INTERVENTION ON PHYSICAL CAPACITY AND SELF-PERCEPTION

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## ABSTRACT

Alternative of physical activities that can be carried out by the public are increasingly diverse, one of the options is aerobic dance, which has never diminished in popularity. No less interesting, the development of fitness training programs also rocketing along with the increasing interest of the community to come to fitness centers. Someone who does sports continuously with an appropriate exercise program, will not only get benefits for the physical component, but psychological, and social aswell. This study aims to determine how the influence of aerobic dance and Peripheral Heart Action Training (PHAT) exercise programs carried out regularly and measured, on physical capacity (BMI, VO2 max, and heart rate) and psychic component, namely self-perception on healthy active students.

This research uses quasi-experimental design. Data collection techniques performed by tests and measurements on a group of research subjects. The research data were tested for normality and homogeneity before t-test was then performed and presented quantitatively. Involves 11 research subjects, selected based on certain criteria (purposive sampling). The research subjects were then given the intervention of a special training program 3 times a week (1 time aerobic dance, and 2 times PHAT) for 6 weeks.

The results showed that the training given was able to provide a reduction in BMI accounted by of 1.35%, and an increase in Vo2Max of 2.32%. However, due to the post-test implementation of the research subjects in a state of fasting, an increase in normal heart rate was 10.14%, an increase in the warm-up heart rate was 8.68%, the training (MFT) heart rate was 15.23%, an increase in the recovery heart rate 5 minutes by 13.49%, and an increase of 10 minutes recovery heart rate by 9.00%. the training program also affects students self perception positively.

**Keywords:** Aerobic dance, Fitness Program, Physical Capacity, Self-Perception

**Kata Kunci:** *Aerobic dance, Fitness Program, Physical Capacity, Self-Perception*