

ABSTRACT

Padli. 2020. The Effect of Aerobic Exercise and Combined Exercise of Weight Training and Aerobic with Low-Calorie Diet on Body Fat Percentage of Public High School Students in Padang City. Dissertation. Postgraduate Program of Universitas Negeri Padang.

This research illustrates the Effect of Aerobic Exercise and Combined Exercise of *Weight Training* and Aerobic with Low-Calorie Diet against Body Fat Percentage. The study was conducted at the Senior High School of Padang City using *factorial experimental 2x2*. There are seven conclusions in this study. They are 1) There is a significant difference between the reduction in body fat percentage between given aerobic training female groups and those given a combined *weight training* and aerobic exercise, 2) There is a significant difference between decreasing female body fat percentage between groups on a low-calorie diet and those given a regular diet group, 3) There is an interaction between exercise and diet to decrease body fat percentage, 4) There is no significant difference between reducing body fat percentage of students in combined *weight training* and aerobic exercise in the low-calorie diet group with decreasing rate of female body fat in exercise aerobics in the low-calorie diet group, 5) Combined *weight training* and aerobic exercises in the regular diet group are more effectively used to reduce body fat than aerobic exercise in the regular diet group, 6) aerobic exercise in the low-calorie diet group is more effectively used to lose weight and body fat than aerobic exercise in the regular diet group, 7) There is no significant difference between the reduction in body fat percentage of female students in the combined *weight training* and aerobic exercise in the regular diet group with a decrease in the percentage of female body fat in the combined *weight training* and aerobic exercise in low calorie diet group. Based on these conclusions, it is recommended that those who want to reduce body fat percentage do a combined *weight training* and aerobic exercise accompanied by a low-calorie diet.

ABSTRAK

Padli. 2020. Pengaruh Latihan Aerobik dan Latihan Gabungan *Weight Training* dan Aerobik yang Disertai Diet Rendah Kalori Terhadap Persentase Lemak Tubuh Siswi SMA Negeri di Kota Padang. Disertasi. Pascasarjana Universitas Negeri Padang.

Penelitian ini menjelaskan tentang Pengaruh Latihan Aerobik dan Latihan Gabungan *Weight Training* dan Aerobik yang Disertai Diet Rendah Kalori Terhadap Persentase Lemak Tubuh. Penelitian dilakukan di SMA Negeri Kota Padang. Penelitian ini menggunakan rancangan *eksperimen faktorial 2x2*. Ada tujuh kesimpulan dalam penelitian ini. 1) Latihan gabungan *weight training* dan aerobik lebih efektif digunakan untuk menurunkan lemak tubuh dari pada latihan aerobik, 2) Diet rendah kalori lebih efektif digunakan untuk menurunkan lemak tubuh dari pada diet normal, 3) Terdapat interaksi antara latihan dengan diet terhadap penurunan persentase lemak tubuh, 4) Tidak terdapat perbedaan yang signifikan antara penurunan persentase lemak tubuh siswi pada latihan gabungan *Weight Training* dan aerobik pada kelompok diet rendah kalori dengan penurunan persentase lemak tubuh siswi pada latihan aerobik pada kelompok diet rendah kalori, 5) Latihan gabungan *Weight Training* dan aerobik pada kelompok diet normal lebih efektif digunakan untuk menurunkan lemak tubuh dari pada latihan aerobik pada kelompok diet normal, 6) Latihan aerobik pada kelompok diet rendah kalori lebih efektif digunakan untuk menurunkan lemak tubuh dari pada latihan aerobik pada kelompok diet normal, 7) Tidak terdapat perbedaan yang signifikan antara penurunan persentase lemak tubuh siswi pada latihan gabungan *Weight Training* dan aerobik pada kelompok diet normal dengan penurunan persentase lemak tubuh siswi pada latihan gabungan *Weight Training* dan aerobik pada kelompok diet rendah kalori. Atas dasar simpulan tersebut disarankan yang ingin menurunkan persentase lemak tubuh melakukan latihan gabungan *Weight Training* dan aerobik disertai diet rendah kalori.