Abstract

This research aims to find out the effect of low impact aerobic gymnastics on the improvement of physical fitness in the menopausal elderly in the work area of the Bulango Health Center, Bone Bolango Regency. The research background is based on the increasing number of elderly people in Indonesia who experience a decline in physiological function and fitness due to the aging process and menopause, which can have an impact on their quality of life. Low impact aerobic gymnastics was chosen because it is a safe, light form of physical activity, and can help increase muscle strength, endurance, balance, and cardiovascular health of the elderly.The research method used is pre-experimentation (Pre-test and Post-test Design) with the provision of intervention in the form of low-impact aerobic gymnastics exercises for four weeks with a frequency of three times per week, each for 15–30 minutes. The study population included all menopausal elderly in the work area of the Bulango Health Center with a sample of 30 people, which were divided into intervention and control groups, 15 people each. Data collection is carried out through physical fitness tests including balance, CST (Chair Stand Test), agility (8-FUGT), and a 6-minute walk test (6MWT). Data analysis using Wilcoxon test and comparison test between groups.The results of the study showed a significant increase in the intervention group compared to the control group. After participating in the low impact aerobic gymnastics program, the majority of respondents in the intervention group experienced an increase in the fitness category from medium to very good, with improvements in limb muscle strength, endurance, agility, and cardiorespiratory capacity. This shows that low impact aerobic gymnastics is effective in improving the physical fitness of the menopausal elderly.The conclusion of this study is that low impact aerobic gymnastics has a positive and significant effect on improving physical fitness in the menopausal elderly. It is suggested that low impact aerobic gymnastics activities should be used as a routine program at the Health Center to maintain and improve the physical health of the elderly, as well as supported by families and the community so that the sustainability of the activities can be maintained.

Keywords: *Low Impact Aerobic Gymnastics, Physical Fitness, Elderly Menopause, Bulango Health Center.*

Abstrak

Penelitian ini bertujuan untuk mengetahui pengaruh senam ***aerobic lowimpact*** terhadap peningkatan kebugaran jasmani pada lansia *menopause* di wilayah kerja **Puskesmas Bulango Kabupaten Bone Bolango**. Latar belakang penelitian didasarkan pada meningkatnya jumlah lansia di Indonesia yang mengalami penurunan fungsi fisiologis dan kebugaran akibat proses penuaan dan menopause, yang dapat berdampak pada kualitas hidup mereka. Senam aerobic low impact dipilih karena merupakan bentuk aktivitas fisik yang aman, ringan, dan dapat membantu meningkatkan kekuatan otot, daya tahan, keseimbangan, serta kesehatan kardiovaskular lansia. Metode penelitian yang digunakan adalah ***pra-eksperimen (Pre-test dan Post-test Design)*** dengan pemberian intervensi berupa latihan senam aerobic low impact selama empat minggu dengan frekuensi tiga kali per minggu, masing-masing berdurasi 15–30 menit. Populasi penelitian meliputi seluruh lansia *menopause* di wilayah kerja Puskesmas Bulango dengan sampel sebanyak **30 orang**, yang dibagi menjadi kelompok **intervensi** dan **kontrol**, masing-masing 15 orang. Pengumpulan data dilakukan melalui tes kebugaran jasmani meliputi **keseimbangan, *CST (Chair Stand Test), kelincahan (8-FUGT)*, dan tes jalan 6 menit *(6MWT)***. Analisis data menggunakan ***uji Wilcoxon*** **dan uji perbandingan antar kelompok**. Hasil penelitian menunjukkan adanya

peningkatan signifikan pada kelompok intervensi dibanding kelompok kontrol. Setelah mengikuti program senam aerobic low impact, mayoritas responden pada kelompok intervensi mengalami peningkatan kategori kebugaran dari sedang menjadi sangat baik, dengan perbaikan pada kekuatan otot tungkai, daya tahan, kelincahan, serta kapasitas kardiorespirasi. Hal ini menunjukkan bahwa senam aerobic low impact efektif meningkatkan kebugaran jasmani lansia menopause. Kesimpulan dari penelitian ini adalah **senam *aerobic low impact* berpengaruh positif dan signifikan terhadap peningkatan kebugaran jasmani pada lansia *menopause***. Disarankan agar kegiatan senam aerobic low impact dijadikan sebagai program rutin di Puskesmas untuk menjaga dan meningkatkan kesehatan fisik lansia, serta didukung oleh keluarga dan masyarakat agar keberlanjutan kegiatan dapat terjaga.

Kata Kunci: Senam *Aerobic Low Impact*, Kebugaran Jasmani, Lansia Menopause, Puskesmas Bulango.