

**PENGARUH SENAM AEROBIK *LOW IMPACT* TERHADAP
PENURUNAN GEJALA MENOPAUSE DI KELURAHAN
SUMBERRAHAYU KECAMATAN MOYUDAN**

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ABSTRAK

Latar Belakang: Menopause merupakan kondisi alamiah yang akan dialami oleh seluruh wanita. Perubahan yang akan terjadi yaitu fungsi reproduksi mulai turun, perubahan hormon, fisik, maupun psikis. Salah satu jenis olahraga yang dianjurkan untuk adalah senam aerobik. Jenis senam aerobik terbagi menjadi tiga yaitu *low impact*, *high impact*, dan *mixed impact*. Salah satu manfaat dari senam senam aerobic *low impact* adalah mengurangi keluhan ibu premenopause.

Tujuan: Mengetahui pengaruh senam aerobik *low impact* terhadap penurunan gejala menopause di Kelurahan Sumberrahayu Kecamatan Moyudan

Metode: Jenis penelitian adalah eksperimen semu (*quasi experiment*) dengan desain *Pre-post Test Design with control group*. Penelitian dilaksanakan di Kelurahan Sumberrahayu pada Bulan Februari hingga Maret 2022. Sampel penelitian sejumlah 54 orang dengan 27 orang sebagai kelompok intervensi dan 27 orang sebagai kontrol. Kelompok intervensi diberi senam aerobik *low impact* dan kelompok kontrol diberi *stretching*. Uji normalitas menggunakan *Kolmogorov-Smirnov* dan uji statistik menggunakan Uji *Wilcoxon* dan *Mann Whitney*

Hasil: Perbedaan rata-rata skor gejala menopause kelompok intervensi adalah 1,88 ($p=0,000$) dengan penurunan tingkat gejala menopause dari sedang menjadi ringan. Hasil penelitian menunjukkan adanya pengaruh senam aerobik *low impact* terhadap penurunan gejala menopause.

Kesimpulan: Terdapat pengaruh senam aerobik *low impact* terhadap penurunan gejala menopause

Kata Kunci: senam aerobik *low impact*, menopause

**THE EFFECT OF LOW IMPACT AEROBIC EXERCISE ON REDUCING
MENOPAUSE SYMPTOMS IN SUMBERRAHAYU
VILLAGE MOYUDAN SUB-DISTRICT**

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ABSTRACT

Background: Menopause is a natural condition that will be experienced by all women. Changes that will occur are reproductive function begins to decline, hormonal, physical, and psychological changes. One type of exercise that is recommended is aerobic exercise. There are three types of aerobic exercise, namely low impact, high impact, and mixed impact. One of the benefits of low impact aerobic exercise is to reduce the complaints of premenopausal women.

Objectives: To determine the effect of low impact aerobic exercise on reducing menopausal symptoms in Sumberrahayu Village, Moyudan Sub-District

Method: The type of research is a quasi-experimental research design with Pre-post Test Design with control group. The research was carried out in Sumberrahayu Village from February to March 2022. The research sample was 54 people with 27 people in the intervention group and 27 people as controls. The intervention group was given low-impact aerobic exercise and the control group was given stretching. Normality test using Kolmogorov-Smirnov and statistical test using Wilcoxon test and Mann Whitney

Results: The difference in the mean score of menopausal symptoms in the intervention group was 1.88 (p-value 0.000) with a decrease in the level of menopausal symptoms from moderate to mild. The results showed that there was an effect of low-impact aerobic exercise on reducing menopausal symptoms.

Conclusion: There was an effect of low impact aerobic exercise on decreasing menopausal symptoms

Keywords: aerobik low impact exercise, menopause