

PERBANDINGAN EFEKTIVITAS *HIGH INTENSITY INTERVAL TRAINING* (HIIT) DAN *CONTINUOUS TRAINING* (CT) DALAM MENURUNKAN LINGKAR PINGGANG WANITA OBESITAS

ABSTRAK

Pendahuluan: Tatalaksana obesitas memerlukan pendekatan yang komprehensif. Latihan fisik dapat mengurangi obesitas. Metode yang selama ini banyak digunakan adalah *Continuous Training* (CT) dan *High Intensity Interval Training* (HIIT). Obesitas dapat ditentukan dengan lingkaran pinggang. Lingkaran pinggang dinilai lebih unggul karena dapat memberikan gambaran lemak visceral di area abdominal. **Tujuan:** Mengetahui perbedaan efektivitas HIIT dan CT dalam menurunkan lingkaran pinggang pada wanita dengan obesitas di Banyumas. **Metode:** Penelitian menggunakan rancangan penelitian quasi eksperimental (RCT). subjek dibagi menjadi 2 kelompok yaitu kelompok HIIT dan CT. Masing-masing kelompok terdiri dari 16 subjek. Pengumpulan subjek dilakukan dengan metode *purposive sampling*. Setiap subjek melakukan intervensi selama 8 minggu dengan 3 sesi setiap minggu. Lingkaran pinggang diukur sebelum intervensi dan setelah intervensi. **Hasil:** Hasil menunjukkan ada penurunan lingkaran pinggang pada kedua model intervensi. HIIT dapat menurunkan lingkaran pinggang sebesar $2,37 \pm 0,39$ dan CT dapat menurunkan lingkaran pinggang sebesar $1,40 \pm 0,36$. Hasil uji t-berpasangan menunjukkan kedua model memberikan penurunan yang signifikan ($p=0,000$) pada HIIT dan ($p=0,003$) untuk CT. Uji t-tidak berpasangan terhadap perubahan rerata lingkaran pinggang antara kedua kelompok tidak menunjukkan adanya perbedaan yang signifikan ($p=0,082$). **Kesimpulan:** Intervensi HIIT dan CT selama 8 minggu sama efektif dalam menurunkan lingkaran pinggang wanita obesitas.

Kata kunci: *High Intensity Interval Training*, *Continuous Training*, lingkaran pinggang, Obesitas.

COMPARISON OF THE EFFECTIVENESS OF *HIGH INTENSITY INTERVAL TRAINING (HIIT)* AND *CONTINUOUS TRAINING (CT)* ON DECREASING WAIST CIRCUMFERENCE OF OBESE WOMEN

ABSTRACT

Introduction: Obesity management requires a comprehensive approach. Physical exercise can reduce obesity. The physical exercise methods that have been widely used are Continuous Training (CT) and High Intensity Interval Training (HIIT). Obesity can be determined by waist circumference. Waist circumference is considered superior because it can provide a picture of visceral fat in the abdominal area. **Objectives:** To understand the difference in the effectiveness of HIIT and CT in lowering waist circumference in women with obesity in Banyumas. **Methods:** The study used quasi experimental research designs. Subjects were divided into two groups: HIIT and CT. Each group consists of 16 subjects. The collection of subjects is done by a purposive sampling method. Each subject intervened for 8 weeks with 3 sessions each week. Waist circumference is measured before and after intervention. **Results:** Results showed a decrease in waist circumference in both intervention models. HIIT can lower waist circumference by 2.37 ± 0.39 and CT can decrease waist circumference by 1.40 ± 0.36 . T-paired test results showed both models provided significant reductions ($p=0.000$) in HIIT and ($p=0.003$) for CT. The independent T-test of the change of waist circumference mean between the two groups showed no significant difference ($p=0.082$) **Conclusion:** HIIT and CT interventions for 8 weeks were equally effective in lowering the waist circumference of obese women.

Kata kunci: *High Intensity Interval Training, Continuous Training, Waist Circumference, Obesity*