

ABSTRAK

Alif Adi Priadmawan. 2204102012. 2026. Pengaruh Latihan *High Intensity Interval Training* (HIIT) Terhadap *Body Mass Index* (BMI) di MA Al-Mukharom Kec. Kauman Kab. Ponorogo. Skripsi. Program Studi Ilmu Keolahragaan, Fakultas Ilmu Kesehatan dan Sains, Universitas PGRI Madiun. Pembimbing (I) Drs. Lukas Susanto, M.Kes., (II) Ghon Lisdiantoro, S.Pd., M.Or.

Obesitas pada remaja merupakan masalah kesehatan yang kian meningkat akibat gaya hidup modern yang kurang gerak (*physical inactivity*). Penelitian ini bertujuan untuk mengetahui pengaruh latihan *High Intensity Interval Training* (HIIT) menggunakan gerakan *mountain climber* selama 6 minggu terhadap perubahan *Body Mass Index* (BMI) pada remaja di MA Al-Mukharom, Kecamatan Kauman, Kabupaten Ponorogo.

Penelitian ini menggunakan metode Eksperimen Semu (*Quasi Experimental Design*) dengan desain *One Group Pretest-Posttest Design*. Sampel penelitian ini berjumlah 15 siswa laki-laki berusia 16–18 tahun yang memiliki status *overweight* atau obesitas ringan, yang ditarik menggunakan teknik *purposive sampling*. Intervensi yang diberikan berupa latihan HIIT gerakan *mountain climber* yang dilakukan 3 kali per minggu selama 6 minggu dengan intensitas 80–85% HRmax. Pengumpulan data dilakukan dengan mengukur BMI sebelum (*pretest*) dan sesudah (*posttest*) intervensi menggunakan timbangan digital dan stadiometer. Analisis data untuk menguji hipotesis menggunakan *Paired Sample t-Test* dengan bantuan SPSS.

Hasil penelitian menunjukkan bahwa nilai rata-rata BMI sebelum diberikan perlakuan adalah sebesar 26,513 kg/m². Setelah diberikan perlakuan latihan HIIT selama enam minggu, nilai rata-rata BMI mengalami penurunan menjadi 25,367 kg/m², dengan rata-rata penurunan sebesar 1,146 kg/m². Hasil uji *Paired Sample t-Test* memperoleh nilai signifikansi sebesar 0,000 ($p < 0,05$) yang berarti H₀ ditolak dan H_a diterima. Berdasarkan hasil tersebut, dapat disimpulkan bahwa terdapat pengaruh yang signifikan dari penerapan latihan *High Intensity Interval Training* (HIIT) menggunakan gerakan *mountain climber* terhadap penurunan *Body Mass Index* (BMI) siswa MA Al-Mukharom Kecamatan Kauman Kabupaten Ponorogo.

Kata Kunci: Obesitas, *High Intensity Interval Training* (HIIT), Mountain Climber, *Body Mass Index* (BMI), Remaja.

ABSTRACT

Alif Adi Priadmawan. 2204102012. 2026. The Effect of *High Intensity Interval Training (HIIT)* on *Body Mass Index (BMI)* at MA Al-Mukharom, Kauman District, Ponorogo Regency. Thesis. Sports Science Study Program, Faculty of Health and Sciences, Universitas PGRI Madiun. Advisors: (I) Drs. Lukas Susanto, M.Kes., (II) Ghon Lisdiantoro, S.Pd., M.Or.

Adolescent obesity is a growing global health issue largely driven by modern, sedentary lifestyles and physical inactivity. This study aims to determine the effect of High Intensity Interval Training (HIIT) using the mountain climber exercise over a 6-week period on changes in Body Mass Index (BMI) among adolescents at MA Al-Mukharom, Kauman District, Ponorogo Regency.

This study employed a Quasi-Experimental Design utilizing a One Group Pretest-Posttest Design. The sample consisted of 15 male students aged 16–18 years who were classified as overweight or mildly obese, selected through a purposive sampling technique. The intervention involved a HIIT mountain climber exercise performed 3 times per week for 6 weeks at an intensity of 80–85% HRmax. Data collection was conducted by measuring BMI before (pretest) and after (posttest) the intervention using a digital scale and a stadiometer. Data analysis for hypothesis testing was performed using the Paired Sample t-Test with the assistance of SPSS.

The results indicated that the mean BMI value before the intervention was 26.513 kg/m². Following the six-week HIIT intervention, the mean BMI value decreased to 25.367 kg/m², demonstrating an average reduction of 1.146 kg/m². The Paired Sample t-Test yielded a significance value of 0.000 ($p < 0.05$), indicating that H_0 is rejected and H_a is accepted. Based on these findings, it can be concluded that there is a significant effect of implementing High Intensity Interval Training (HIIT) using the mountain climber exercise on the reduction of Body Mass Index (BMI) among students at MA Al-Mukharom, Kauman District, Ponorogo Regency.
Keywords: Obesity, High Intensity Interval Training (HIIT), Mountain Climber, Body Mass Index (BMI), Adolescents.