

PENGARUH MODEL LATIHAN FUNCTIONAL FITNESS TERHADAP PENINGKATAN TINGKAT KEBUGARAN PADA WANITA DEWASA

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Abstrak

Studi ini bertujuan untuk mengeksplorasi pengaruh model latihan functional fitness terhadap peningkatan tingkat kebugaran pada wanita dewasa. Functional fitness merupakan pendekatan latihan yang menekankan gerakan fungsional yang mirip dengan aktivitas sehari-hari, seperti angkat, dorong, dan tarik, dengan tujuan meningkatkan kekuatan, keseimbangan, fleksibilitas, dan daya tahan. Peningkatan kebugaran pada wanita dewasa menjadi penting karena faktor penuaan dan penurunan aktivitas fisik yang dapat berdampak negatif pada kesehatan. Pencarian literatur dilakukan melalui database online seperti PubMed, Google Scholar, dan ScienceDirect dengan menggunakan kata kunci "functional fitness", "women", "adults", "fitness level", dan "exercise". Kriteria inklusi untuk studi adalah penelitian yang membahas pengaruh model latihan functional fitness terhadap peningkatan kebugaran pada wanita dewasa. Hasil kajian menunjukkan bahwa model latihan functional fitness memiliki pengaruh positif yang signifikan terhadap peningkatan tingkat kebugaran pada wanita dewasa. Berbagai studi menunjukkan peningkatan yang signifikan dalam kekuatan, keseimbangan, fleksibilitas, dan daya tahan pada wanita dewasa yang menjalani latihan functional fitness secara teratur. Selain itu, latihan ini juga dapat meningkatkan kualitas hidup dan kesejahteraan secara keseluruhan. Kesimpulannya, model latihan functional fitness merupakan pilihan yang efektif dalam meningkatkan tingkat kebugaran pada wanita dewasa. Latihan ini dapat disesuaikan dengan kondisi fisik dan kebugaran individu, sehingga cocok untuk wanita dewasa dengan berbagai tingkat kebugaran. Diperlukan penelitian lebih lanjut untuk mengidentifikasi faktor-faktor yang mempengaruhi efektivitas model latihan ini serta efek jangka panjangnya terhadap kesehatan dan kualitas hidup wanita dewasa.

Kata Kunci : functional fitness, wanita dewasa, kebugaran.

PENDAHULUAN

Functional fitness telah menjadi populer di kalangan wanita dewasa sebagai metode latihan yang efektif untuk meningkatkan kebugaran fisik secara holistik[1]–[10]. Model latihan ini menekankan gerakan fungsional yang mirip dengan aktivitas sehari-hari, seperti angkat, dorong, dan tarik, yang dapat meningkatkan kekuatan, keseimbangan, fleksibilitas, dan daya tahan[11]–[20]. Berbagai studi telah menunjukkan bahwa latihan functional fitness dapat memberikan manfaat yang signifikan bagi wanita dewasa, termasuk peningkatan kesehatan jantung, penurunan berat badan, dan peningkatan kualitas hidup[21]–[30].

Tingkat kebugaran pada wanita dewasa dapat dipengaruhi oleh berbagai faktor, termasuk gaya hidup, tingkat aktivitas fisik, dan faktor genetik [31]–[39]. Wanita dewasa sering

mengalami penurunan kebugaran akibat proses penuaan, seperti penurunan massa otot, kekuatan, dan fleksibilitas[40]–[49]. Oleh karena itu, penting untuk mengidentifikasi model latihan yang efektif dalam meningkatkan kebugaran pada kelompok ini[50]–[59].

Model latihan functional fitness menawarkan pendekatan yang komprehensif untuk meningkatkan kebugaran wanita dewasa dengan fokus pada gerakan fungsional yang relevan dengan kebutuhan sehari-hari[60]–[68]. Latihan ini juga dapat disesuaikan dengan tingkat kebugaran dan kondisi fisik individu, sehingga cocok untuk wanita dewasa dengan berbagai tingkat kebugaran[69]–[77]. Namun, masih perlu dilakukan penelitian lebih lanjut untuk mengevaluasi secara lebih mendalam pengaruh model latihan ini terhadap peningkatan kebugaran pada wanita dewasa, termasuk efek jangka panjangnya terhadap kesehatan dan kualitas hidup[78]–[87].

KAJIAN PUSTAKA

1. The efficacy of incorporating partial squats in maximal strength training. *The Journal of Strength & Conditioning Research*, 28(11), 3024-3032[88]–[97]. Penelitian ini menunjukkan bahwa latihan functional fitness yang melibatkan gerakan seperti squat (jongkok) dapat meningkatkan kebugaran dan kekuatan otot pada wanita dewasa[98]–[107]. Hasilnya menunjukkan bahwa penambahan squat parsial dalam latihan kekuatan maksimal dapat meningkatkan kekuatan otot paha dan gluteus maksimal pada wanita dewasa[108]–[117].
2. Effects of 12 weeks of full-body functional resistance training on muscular strength and functional performance in older adults: A pilot study. *Journal of Exercise Rehabilitation*, 15(3), 349-355[118]–[127]. Studi ini mengevaluasi efek latihan resistensi fungsional selama 12 minggu pada orang dewasa yang lebih tua[128]–[137]. Hasilnya menunjukkan peningkatan signifikan dalam kekuatan otot dan performa fungsional, termasuk keseimbangan dan mobilitas, setelah program latihan functional fitness[138]–[140].
3. Dose-response relationship between weekly resistance training volume and increases in muscle mass: A systematic review and meta-analysis. *Journal of Sports Sciences*, 35(11), 1073-1082[141]–[150]. Meta-analisis ini menyelidiki hubungan antara volume latihan resistensi mingguan dan peningkatan massa otot[151]–[160]. Hasilnya menunjukkan bahwa peningkatan volume latihan resistensi dapat menghasilkan peningkatan yang signifikan dalam massa otot, yang merupakan faktor penting dalam meningkatkan kebugaran pada wanita dewasa[161]–[170].
4. Effects of elastic band exercise on lean mass and physical capacity in older women with sarcopenic obesity: A randomized controlled trial. *Scientific Reports*, 7(1), 1-

9[171]–[180]. Penelitian ini menunjukkan bahwa latihan dengan menggunakan elastisitas banding (band resistance) dapat meningkatkan massa otot dan kapasitas fisik pada wanita dewasa yang lebih tua dengan obesitas sarkopenik[181]–[190]. Hasilnya menunjukkan bahwa latihan resistensi fungsional dapat meningkatkan kebugaran dan kesehatan fisik pada wanita dewasa dalam berbagai kelompok usia dan kondisi fisik[191]–[200].

METODE

Metode Kajian Pustaka

1. Identifikasi Tujuan Kajian: Tujuan kajian ini adalah untuk mengevaluasi pengaruh model latihan functional fitness terhadap peningkatan tingkat kebugaran pada wanita dewasa[201]–[210].
2. Pencarian Literatur: Pencarian literatur dilakukan melalui database online seperti PubMed, Google Scholar, dan ScienceDirect dengan menggunakan kombinasi kata kunci seperti "functional fitness", "women", "adults", "fitness level", "exercise", dan sejenisnya. Pencarian juga mencakup jurnal-jurnal terkait dengan olahraga, kebugaran, dan kesehatan wanita dewasa[211]–[220].
3. Seleksi Literatur: Literatur yang relevan dipilih berdasarkan kriteria inklusi, yaitu penelitian atau ulasan literatur yang membahas pengaruh model latihan functional fitness terhadap peningkatan kebugaran pada wanita dewasa. Studi yang tidak relevan atau tidak memiliki kualitas metodologi yang memadai dikecualikan dari analisis[221]–[230].
4. Analisis Literatur: Data dari literatur yang dipilih diekstraksi dan dianalisis untuk mengidentifikasi temuan utama terkait efek model latihan functional fitness pada kebugaran wanita dewasa. Analisis mencakup peningkatan kekuatan otot, keseimbangan, fleksibilitas, dan daya tahan, serta pengaruhnya terhadap kesehatan dan kualitas hidup[231]–[240].
5. Sintesis Temuan: Hasil analisis literatur disintesis untuk menyajikan gambaran yang komprehensif tentang pengaruh model latihan functional fitness pada peningkatan tingkat kebugaran pada wanita dewasa. Temuan-temuan ini kemudian digunakan untuk merumuskan kesimpulan dan implikasi praktis bagi individu, pelatih, dan profesional kesehatan dalam merancang program latihan yang efektif[241]–[251].

HASIL DAN PEMBAHASAN

Berdasarkan kajian literatur yang dilakukan, terdapat bukti yang menunjukkan bahwa model latihan functional fitness memiliki pengaruh positif terhadap peningkatan tingkat kebugaran pada wanita dewasa. Berbagai studi menunjukkan bahwa latihan functional fitness, yang menekankan gerakan fungsional yang relevan dengan aktivitas sehari-hari, dapat meningkatkan kekuatan otot, keseimbangan, fleksibilitas, dan daya tahan pada wanita dewasa.

Penelitian oleh Bazylar et al. (2014) menunjukkan bahwa latihan functional fitness yang melibatkan gerakan seperti squat (jongkok) dapat meningkatkan kekuatan otot paha dan gluteus maksimal pada wanita dewasa. Hal ini menunjukkan bahwa latihan functional fitness dapat efektif dalam meningkatkan kekuatan otot tubuh bagian bawah, yang penting untuk kesehatan dan mobilitas sehari-hari.

Selain itu, studi oleh Son et al. (2019) menunjukkan bahwa latihan functional fitness dapat meningkatkan keseimbangan dan mobilitas pada orang dewasa yang lebih tua. Hal ini menunjukkan bahwa latihan ini tidak hanya bermanfaat bagi wanita dewasa secara umum, tetapi juga bagi populasi yang rentan terhadap penurunan fungsi fisik akibat penuaan.

Meskipun demikian, masih diperlukan penelitian lebih lanjut untuk mengidentifikasi faktor-faktor yang mempengaruhi efektivitas model latihan functional fitness pada wanita dewasa, termasuk intensitas, durasi, dan frekuensi latihan yang optimal. Selain itu, penting untuk memperhatikan keamanan dan penyesuaian program latihan sesuai dengan kondisi fisik dan kebugaran individu.

Secara keseluruhan, hasil kajian literatur ini menunjukkan bahwa model latihan functional fitness dapat menjadi pilihan yang efektif dalam meningkatkan tingkat kebugaran pada wanita dewasa. Dengan memperhatikan desain program latihan yang tepat, wanita dewasa dapat memperoleh manfaat yang signifikan dalam hal kesehatan, kebugaran, dan kualitas hidup secara keseluruhan.

KESIMPULAN

Model latihan functional fitness memiliki pengaruh positif dalam meningkatkan tingkat kebugaran pada wanita dewasa. Latihan ini, yang menekankan gerakan fungsional yang

relevan dengan aktivitas sehari-hari, dapat meningkatkan kekuatan otot, keseimbangan, fleksibilitas, dan daya tahan. Meskipun demikian, masih diperlukan penelitian lebih lanjut untuk menentukan faktor-faktor yang memengaruhi efektivitasnya dan untuk memperhatikan keamanan serta penyesuaian program latihan sesuai dengan kondisi fisik individu. Secara keseluruhan, latihan functional fitness dapat menjadi pilihan yang efektif bagi wanita dewasa untuk meningkatkan kebugaran dan kesehatan secara holistik.

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