



## The Popularity Of Aerobics Dance For Women's Society In Sedentary Lifestyle

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### Abstract

Aerobic exercise is one of the most popular types of physical activity today, one of which is aerobic dance. Aerobic dance is a physical activity that combines rhythmic music and body activities. This study aims to analyze the level of popularity of aerobic dance in South Sulawesi. This study was conducted on 287 female respondents with an age range of 17-55 years. Data retrieval in this study was carried out by filling out questionnaires via a google form. This questionnaire was distributed to women who did aerobics in fitness centers. The distribution of the google form is carried out during February 2022. The results of this study found that respondents who chose aerobics dance at 41%, aerobics with using different equipment at 17%, aerobics with elements of martial arts at 15%, aerobics with psychically - regulatory orientation, and water aerobics at 13% each. This study concludes that aerobic dance is the most and most popular choice made by South Sulawesi women's society.

### How to Cite

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## INTRODUCTION

Indonesia had a serious problem, the lack of participation of the Indonesian people in physical activity (Rachmi et al., 2017). This issue refers to people of various ages, including adolescents (17-25 years), early adults (26-35 years), and late adults (36-45 years), and early elderly women (46-55 years) who have difficulty performing physical activities due to their busy working hours. The Indonesian Ministry of Health further stated that obesity and stress are one of the symptoms and impacts of the limited participation of Indonesian people in physical activity (Ramanian et al., 2020). Likewise, the increase in technological developments significantly reduces the volume (Schroeder et al., 2017) and intensity of physical activity that may result in health problems (Kovacova et al., 2011). The decline in physical activity does not only occur in Indonesia but also occurs in other countries. Lack of motor activity leads to a decrease in health conditions, an increased risk of cardiovascular and other diseases, and a decrease in physical activity (Chuprun & Yurchenko, 2020).

Currently, aerobic dance is very popular in various parts of the world (Schroeder et al., 2017). Aerobic dance is one type of gymnastics that is developing, and favored by the community for several reasons, such as being able to practice anywhere, alone or together, and at a low cost. Several previous studies reveal the benefits of doing an aerobic dance that can reduce the level of the individual stress response, and reduce psychosomatically (Ramanian et al., 2020). The popularity of aerobic dance is associated with the type of physical activity that is by the concept of gender identity, the concept of femininity, and the female body (Chuprun & Yurchenko, 2020).

Aerobic dance is a form of endurance training, including the most preferred physical activity, especially for women. In line with the results of this study, it shows that the female population prefers aesthetically oriented physical activities, such as aerobic dance (Kovacova et al., 2011). Movement in aerobic dance is always accompanied by music, it is intended that this aerobic dance is interesting for various variations and creativity. This aerobic dance is always considered exciting because it is usually done by a group of people who may have different goals (Stamford, 2016). The aerobic dance which is popular in South Sulawesi is divided into five and it is still divided into several classes. The five popular aerobic dances are dance aerobics, psychic-oriented aerobics, aerobics with elements of martial arts,

aerobics with using different equipment, and water aerobics.

Aerobic dance is a series of movements accompanied by music that has been adjusted and performed with a certain duration. This aerobic dance is usually guided by an instructor. Based on the intensity, aerobic dance can be divided into three, namely low impact, high impact, and mixed impact. Aerobic dance is one of the most popular gymnastics today, especially among women. However, several things must be considered in doing this aerobic dance, including age-adjusted intensity, interesting rhythm, and flexibility (Budiono & Yulianto, 2019). Aerobic dance is one of the most common adult fitness activities (Zarabska et al., 2016). One of the aerobic dances is Zumba, which is a combination of sports and dance that featured a combination of music and dance. Zumba is also recognized as a way for the organs of the body including the heart, lungs, and blood vessels to work optimally (Kusnanik et al., 2020). Popular dance aerobics in South Sulawesi include yoga, pilates, Zumba, aerobicicdud, line dance, and hip hop.

Some researchers offer aerobics with a psychic orientation, for example, pilates and yoga. Aerobics with a psychic orientation is considered the least traumatic, taking into account the physiological and psychological changes that occur in adult women. This type of aerobics helps improve physical condition and had a positive effect on body fitness (Tatiana et al., 2014). In general, this aerobic combines posture, breathing techniques, and meditation (Supratmanto & Kushartanti, 2018). These aerobics are generally designed to improve flexibility and health through body movement and breathing. It increases body awareness and can also be done independently (Lee et al., 2016). This exercise was created to increase flexibility, strength, and mind and body awareness (Tinoco-Fernández et al., 2016). Strength, endurance, flexibility, and balance increase after psychically oriented aerobic exercise. More and more research shows that psychologically oriented aerobic exercise interventions are easily accepted and can improve health in adult women (Patel et al., 2017). Aerobic activities with a psychological orientation have become increasingly popular in recent years (Setyawan et al., 2021). Some of the popular psychic-oriented aerobics in South Sulawesi are pilates, yoga, body language, taichi, and tera.

Aerobic martial arts is an exercise program developed to improve general health and improved fitness skills. The hallmark of this program is the use of certain techniques from the martial

arts for the aerobic exercise segment. This aerobic exercise program is a high-intensity exercise, which combines elements of martial arts with elements of aerobic dance. These elements are combined into one different choreography followed the concept of the instructor (Mustedanagic et al., 2014). As studies conducted by several researchers have found positive effects of aerobic martial arts training on various fitness skills. One of them is the Mustedanagic study was to determine the effect of Tae Bo trained on fitness skills for young women (Mustedanagic et al., 2014). Tae Bo is a gymnastics that combines the movements of Taekwondo and box, as the name implies. Blanks discovered Tae Bo in 1989 when he had the idea to make Taekwondo by following the beat of the music. Since then, Tae Bo has spread all over the world, including our country (Glevesanu, 2020).

Adolescents prefer aerobics by using different equipment. Therefore it is important to set goals and determine the type of aerobics to be performed (Tatiana et al., 2014). The exercise program using the Swiss ball has a positive effect on balance and physical fitness and the Swiss ball train was recommended for core muscle trained (Setyawan et al., 2021). Aerobics using different equipment that is popular in South Sulawesi include step aerobics, balls, bands, and barbells.

Water aerobics is one of the movements in aerobic movements that are carried out in the water. Water aerobics is useful for increased flexibility without causing joint damage and reducing the risk of injury, due to the effects of gravity. In water, the joints can move more easily. This aerobic can be followed by all ages and can be chosen for those who do not like gymnastics on land. Water aerobics training also has an important role to improve physical fitness and increasing strength (Lestari et al., 2020). Water exercise has the same effect as exercise on land but can minimize the risk of injury due to different pressures (Indriani et al., 2020). Water aerobics is a popular activity these days. Water aerobics is one of the movements performed in the water using a shallow swim pool. Water aerobics and water fitness are types of aerobics that involve long-term, moderate-intensity dynamic exercise. Water aerobics can lose weight (Nastiti et al., 2020). In research related to physical conditions, it was concluded that aquatic physical activity increases cardiorespiratory capacity in adult and elderly women. In addition, it is known that in healthy adolescent girls, after a four-week program, most health-related parameters of physical condition improve, especially those related to strength, flexibility,

and balance (Manzano et al., 2011). Popular water aerobics in South Sulawesi are aquarobics and aquadance.

Therefore, this study aims to analyze the level of popularity of aerobic exercise carried out in South Sulawesi for women with a sedentary lifestyle.

**METHODS**

This study is a quantitative study, which aims to reveal the level of popularity of aerobic dance in South Sulawesi. All participants were involved voluntarily and the criteria that had been determined were interested in exercise, sedentary lifestyle, appropriate age category, and health status that allowed them to participate. The research subjects were adolescent women (17-25 years), early adult women (26-35 years), late adult women (36-45 years), and early elderly women (46-55 years). Data retrieval by filling out a questionnaire via a google form. This Google form is distributed to women doing aerobic exercise in fitness centers. The distribution of the google form will be carried out from 1-28 February 2022. Data were analyzed using percentages.

**RESULTS AND DISCUSSION**

The second section Based on the data collected through the questionnaire, for women who did aerobic exercise at the South Sulawesi fitness center, it was found that there were 287 women with various models of aerobic exercise that they enjoyed continuously. This paper focuses on recreational sports, namely popular aerobics, which is widely practiced by the general public. The results of the questionnaire are as follows **Table 1, Table 2, Table 3, Table 4, Table 5, Table 6 & Table 7.**

**Table 1.** Number of Respondents by Age

Category	Age	Amount	%
Adolescent	17-25	123	42.9
Early adult	26-35	82	28.5
Late adult	36-45	61	21.3
Early elderly	46-55	21	7.3
Total		287	100

**Table 1** shows the number of respondents who participated in this study as many as 287 women with the results of adolescent women respondents as much as 42.9%, early adult women

28.5%, late adult women 21.3%, and early elderly women 7.3%.

**Table 2.** Popularity Level of Aerobics

Aerobics Exercise	Respondent	
	Amount	%
Dance aerobics	122	41%
Psychic-oriented aerobics	38	13%
Aerobics with elements of martial arts	45	15%
Aerobics with using different equipment	50	17%
Water aerobics	32	13%
Total	287	100%

**Table 2** it was found that 41% of South Sulawesi women chose dance aerobics, followed by aerobics with a psychic orientation and water aerobics each by 13%, and martial arts aerobics by 15%, aerobics with equipment by 17%.

**Table 3.** The Popularity of Dance Aerobics

Aerobics Dance	Respondent	
	Amount	%
Discorobics	3	6%
Zumba	31	61%
Dangdut aerobics	4	8%
Line dance	3	6%
Hip-hop	5	10%
Other	5	10%
Total	51	100%

The results of the questionnaire about the popularity of aerobics dance in **Table 3**, from 51 respondents, the results obtained were 6% for discorobics, 61% for Zumba, and 8% for dangdut aerobics, 6% for line dance, and 10% for hip-hop.

**Table 4.** The Popularity of Psychic Oriented Aerobics

Psychic Oriented Aerobics	Respondent	
	Amount	%
Pilates	2	5%
Yoga	14	37%
Body Language	13	34%
Taichi	2	5%
Tera	2	5%
Other	5	13%
Total	38	100%

**Table 4** is the popularity of aerobics dance with a psychic oriented aerobics based on questi-

onnaires, from 38 respondents data obtained that yoga is the most popular with 37%, body language with 34%, while for pilates, taichi, and tera each 5%.

**Table 5.** The Popularity of Martial Art Aerobics

Martial Art Aerobics	Respondent	
	Amount	%
Body Fighter	25	56%
Body Combat	10	22%
Tae bo	1	2%
Other	9	20%
Total	45	100%

**Table 5** is the popularity of martial arts aerobics for women in South Sulawesi, the highest data obtained are body fighter 56%, body combat 22%, and tae bo 2%.

**Table 6.** The popularity of Aerobics with Equipment

Aerobics with Equipment	Respondent	
	Amount	%
Step aerobics	2	4%
Ball	14	28%
Band	0	0%
Barbell	14	28%
Others	20	40%
Total	50	100%

The level of popularity of aerobics dance with equipment based on the data in **Table 6**, it was found that respondents who liked to use step aerobics were 4%, aerobic exercise using balls 28%, and aerobic exercise using barbells 28%.

**Table 7.** The popularity of Water Aerobics

Water Aerobics	Respondent	
	Amount	%
Aquarobic	12	38%
Aquadance	20	63%
Others	0	0%
Total	32	100%

**Table 7** shows the popularity of water aerobics for women in South Sulawesi. The data obtained are aquarobic at 38% and aquadance at 63%.

The high willingness of the public to do aerobics dance shows that the popularity of aerobic exercise is not in doubt. Aerobics is a popular sport, as evidenced by the many aerobics dance

competitions and many schools that encourage students to learn aerobics (J. Wang, 2021). It also attracts public attention, so that aerobics can become popular in the wider community. The popularity of aerobics is needed to lift this sport in the community. There are many types of aerobic exercise including yoga, step aerobics, aquarobic, exercise with dumbbells, and stretch dance (Dun et al., 2021).

One of the reasons for the popularity of aerobics dance is that the movements performed are supported by music so that there is harmony between movement and rhythm. With the implementation of aerobic exercise, participants enjoyed the process that occurred, this was helped by the presence of supportive music (Hua & Ye, 2020). In socialized aerobics dance, movement and music must always be updated, because this will greatly affect the popularity of aerobics itself (Dun et al., 2021).

Aerobics dance also does not require a special place and time, it can be done anywhere and anytime. Aerobics dance is not only a necessity but has now become a lifestyle. Popular aerobics dance is not limited by space and time, and the most important thing is the active participation of body and soul for integrity and identity. Aerobics dance in addition to training endurance can also be a motivation that allows each individual who does it to be more enthusiastic. Popular aerobics can also help break away from the routine (Y. Wang & Wu, 2016).

## CONCLUSION

The research can be concluded that aerobics dance is the most popular sport for women in South Sulawesi, followed by aerobics with equipment, martial arts aerobics, psychic-oriented aerobics, and water aerobics, therefore it is recommended for women to do the physical activity by choosing aerobics dance as an alternative sport.

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