

LITERATURE REVIEW: PENGARUH AEROBIC EXERCISE DAN WEIGHT TRAINING AEROBIC UNTUK MENINGKATKAN FLEXIBILITY HAMSTRING PADA CALON JAMAAH HAJI

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Abstrak

Tujuan: Menurunnya *flexibility hamstring* dipengaruhi oleh bertambahnya usia terutama pada calon jamaah haji yang rata-rata usia 51-60 tahun dengan kategori lansia. Penelitian ini bertujuan untuk menelaah literatur dengan topik pengaruh *aerobic exercise* dan *weight training aerobic* untuk meningkatkan *flexibility hamstring* pada calon jamaah haji. **Metode:** Pencarian sumber literatur di beberapa database seperti Google Scholar, Science Direct, Elsevier, PEDro, PubMed dengan menggunakan beberapa kata kunci tertentu dalam periode tahun 2012-2020. Dari hasil penelusuran didapatkan 23 artikel dan hanya 14 artikel yang memenuhi kriteria inklusi sumber. Penilaian kualitas metodologi dari 14 artikel dinilai dengan Scimago Journal & Country Rank (SJR). Analisis terhadap 14 jurnal dilakukan berdasarkan kesesuaian topik, tujuan, metode penelitian yang digunakan, sampel, intervensi, instrument/parameter, dan hasil dari setiap artikel. **Hasil:** Setelah dilakukan telaah literatur sebanyak 14 artikel menunjukkan bahwa *aerobic exercise* dan *weight training aerobic* dengan jenis latihan eksentrik efektif untuk meningkatkan *flexibility hamstring*. **Kesimpulan:** Hasil *literature review* dari 14 artikel yang telah ditelaah menunjukkan bahwa intervensi *aerobic exercise* dan *weight training* dapat meningkatkan *flexibility hamstring* pada calon jamaah haji.

Kata Kunci : Aerobic Exercise, Weight Training, Flexibility Hamstring, Latihan Eksentrik, Calon Jamaah Haji Lansia

LITERATURE REVIEW: EFFECT OF AEROBIC EXERCISE AND AEROBIC WEIGHT TRAINING TO IMPROVE HAMSTRING FLEXIBILITY IN HAJJ CANDIDATES

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Abstract

Objective: Decreased hamstring flexibility is influenced by increasing age, especially on prospective pilgrims who average age 51-60 years with the elderly category. This study aims to examine the literature research results with the topic of the influence of aerobic exercise and aerobic weight training to improve hamstring flexibility in prospective pilgrims. **Method:** Search for sources of literature research results in several databases such as Google Scholar, Science Direct, Elsevier, PEDro, PubMed by using certain keywords in the period 2012-2020. From the search results, 23 articles were obtained and only 14 articles met the source inclusion criteria. The methodological quality assessment of 14 articles was assessed using the Scimago Journal & Country Rank (SJR). Analysis of 14 journals was carried out based on the suitability of the topic, objectives, the research methods used, subject, interventions, instruments/parameters, and the results of each article. **Results:** After reviewing the literature as many as 14 articles showed that aerobic exercise and aerobic weight training with the type of eccentric exercise is effective for increasing hamstring flexibility. **Conclusion:** The results of the literature review of 14 articles that have been reviewed show that the intervention of aerobic exercise and weight training can increase the flexibility of hamstring in pilgrims.

Keywords : Aerobic Exercise, Weight Training, Flexibility Hamstring, Eccentric Exercise, Elderly Hajj Candidates