

**LITERATURE REVIEW: PENGARUH AEROBIC EXERCISE
DAN WEIGHT TRAINING AEROBIC UNTUK
MENINGKATKAN LOWER BODY STRENGTH PADA CALON
JAMAAH HAJI**

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Abstrak

Latar Belakang: Kebugaran fisik merupakan faktor penting untuk melakukan aktivitas dan ibadah dengan produktif. Gangguan pada setiap jamaah haji yang sudah lanjut usia sering dikaitkan dengan menurunnya kekuatan otot. Kombinasi *aerobic exercise* dan *weight training Aerobic/Resistance* merupakan latihan yang dapat meningkatkan kekuatan otot. **Tujuan :** untuk menelaah/mendapatkan bukti adanya pengaruh *Aerobic exercise* dan *Weight Training Aerobic* untuk meningkatkan *lower body strength* pada calon jamaah haji **Metode:** studi memenuhi kriteria berikut: (1) jenis atau metode *random controlled trial (RCT)*, *Cohort Study*, *Meta analysis*, *case study*, dan *systematic review*. (2) Waktu publikasi 2011 – 2020. (3) Kualitas studi di nilai dengan menggunakan *Scimago Journal & Country Rank (SJR)* dengan hasil Q1, Q2, Q3 atau yang sudah terdaftar pada *scimago*. (4) (*Population*) : *Physical fitness (Lower Body Strength)*, (*Intervention*) : *Aerobic Exercise*, *Weight Training Aerobic*/intervensi keduanya, (*Comparator*) : Tidak ada, (*Outcome*) : Meningkatkan (*Lower Body Strength*). **Hasil** dari Sepuluh studi (1.454 peserta, usia rata-rata 48-83 tahun) memenuhi kriteria inklusi yang dapat mengidentifikasi dan menilai (*aerobic exercise* dan *weight training aerobic/resistance training*) terhadap kebugaran fisik calon jamaah lansia. **kesimpulan**, adanya perbedaan pengaruh *aerobic exercise* dan *weight training aerobic/resistance training* terhadap fisik dan kekuatan pada beberapa sampel lanjut usia.

Kata kunci : Haji, Latihan Aerobik, Latihan Beban, Kekuatan Ekstrimitas Bawah

LITERATURE REVIEW: EFFECT OF AEROBIC EXERCISE AND AEROBIC WEIGHT TRAINING TO IMPROVE LOWER BODY STRENGTH IN HAJJ CANDIDATES

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Abstract

Background:Physical fitness is an important factor for productive activities and worship. Disorders in each elderly pilgrims are often associated with decreased muscle strength. The combination of aerobic exercise and weight training Aerobic/Resistance is an exercise that can increase muscle strength.**Objective:**to examine/obtain evidence of the influence of Aerobic exercise and Aerobic Weight Training to increase lower body strength in prospective pilgrims **Method:**the study met the following criteria: (1)the type or method of random controlled trial (RCT). Cohort Study, Meta analysis, case study, and systematic review. (2)Time of publication 2011 - 2020. (3)Study quality is assessed using the Scimago Journal & Country Rank (SJR) with the results of Q1, Q2, Q3 or those already registered on Scimago. (4)(Population): Physical fitness (Lower Body Strength), (Intervention): Aerobic Exercise, Aerobic Weight Training/intervention both, (Comparator): None, (Outcome): Increase (Lower Body Strength).The **results** of Ten studies (1,454 participants, average age 48-83 years) met the inclusion criteria that can identify and assess (aerobic exercise and aerobic weight training/resistance training) on the physical fitness of prospective elderly pilgrims. In **conclusion**, there are differences in the effect of aerobic exercise and aerobic weight training/resistance training on physical and strength in some elderly samples.

Keywords: Hajj, Aerobic Exercise, Weight Training, Lower Extremity Strength