
Perception of members of the Jambi City gymnastics studio toward general gymnastics in the process of weight loss

KEVIN WALDO^{1*} AND ILHAM²

Abstract

This study aims to examine the perceptions of members of the Jambi City Gymnastics Studio regarding General Gymnastics in the process of weight loss. Studio members often face challenges in achieving effective weight loss goals, particularly in terms of motivation, exercise techniques, and understanding the benefits of physical activity. General Gymnastics, which combines various gymnastics movements with an enjoyable and engaging approach, is proposed as a solution to increase member participation and the effectiveness of weight loss programs. This study seeks to explore how General Gymnastics supports gymnastics members in the weight loss process based on several indicators, such as exercise effectiveness, increased motivation, and improved understanding of the weight loss process. Through an interactive approach, members can develop a deeper connection with the training program, experience physical and mental benefits, and cultivate healthy lifestyle habits. The research will employ a qualitative approach, including semi-structured interviews and focus group discussions with studio members. The findings are expected to provide insights into members' perceptions of General Gymnastics in the context of weight loss, highlight challenges encountered in its implementation, and offer recommendations for the development of more effective exercise programs. This study contributes to a better understanding of innovative training methods and provides practical insights for improving weight loss programs within community settings.

Keywords

General gymnastics, member perceptions, weight loss

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^{1*}Universitas Jambi, Indonesia, Corresponding email: kevin.waldo@unja.ac.id

²Universitas Jambi, Indonesia

Introduction

Sport is a form of physical activity performed with specific purposes, such as improving physical and mental health (Caspersen et al., 1985). In addition, physical exercise is commonly undertaken to enhance physical fitness and reduce body weight (M. Syukur Zulbandi Sitepu et al., 2020). Many individuals engage in exercise to achieve an ideal body shape (E. P. Putri & Syahrastani, 2018), particularly women, for whom an ideal body is often considered a significant aspiration (Anjani, 2019). Consequently, various efforts are pursued, ranging from intensive exercise and strict dietary practices to extreme measures such as the use of weight-loss drugs, often without adequate consideration of potential health risks. Regular physical activity provides numerous health benefits. Health is an essential component of human life, enabling individuals to perform daily activities effectively. It is a dynamic condition influenced by genetic factors, environmental conditions, and lifestyle behaviors, including diet, hydration, work patterns, rest, and emotional management. Sleep, diet, and physical activity have been identified as key modifiable health behaviors, sometimes described as the “pillars of health” (Gupta et al., 2023). However, rapid technological advancement has contributed to lifestyle changes characterized by reduced physical movement, leading to an increased prevalence of non-communicable diseases such as cardiovascular disease, diabetes, hypertension, and hypercholesterolemia.

In the digital era, the widespread adoption of online-based activities has resulted in decreased physical activity and increased sedentary behavior. This condition contributes to excess energy storage in the body, which may lead to obesity. Saldin (2019) reports that excess body weight is associated with various health problems, including hypertension, coronary heart disease, diabetes mellitus, respiratory disorders, musculoskeletal pain, infertility, and psychosocial impairment. Obesity is a multifactorial condition influenced by the interaction of genetic, environmental, dietary, and lifestyle factors, including physical activity levels and socioeconomic status (Lan & Sulaiman, 2024). Globally, obesity has become a major public health concern. The World Health Organization (WHO, 2024) reports that the prevalence of obesity has tripled since 1975, with more than 650 million adults classified as obese by 2020. Obesity significantly increases the risk of non-communicable diseases, placing a substantial burden on health systems worldwide. In Indonesia, data from the Ministry of Health’s Basic Health Research (Riskesdas, 2018) indicate that obesity prevalence increased from 14.8% in 2013 to 21.8% in 2018, largely due to sedentary lifestyles, high consumption of fast food, and insufficient engagement in regular physical activity.

From a behavioral perspective, exercise participation can be explained using the Health Belief Model (HBM), which suggests that individuals are more likely to adopt health behaviors when they perceive susceptibility to disease and recognize the benefits of preventive actions (Becker, 1974). Similarly, the Theory of Planned Behavior (Ajzen, 1991) emphasizes that exercise intentions are influenced by attitudes, social norms, and perceived behavioral control. The increasing popularity of group-based exercise, ease of access, and social support systems contribute to greater motivation and adherence to physical activity programs. Gymnastics has emerged as a popular form of exercise due to its accessibility, adaptability, and health benefits. It is a structured physical activity designed to improve strength, endurance, coordination, and rhythmic movement (Listyarini, 2015). Various forms of gymnastics are widely practiced,

including aerobic gymnastics, Zumba, Pound Fit, and trampoline-based exercise. Aerobic gymnastics, which utilizes body weight and continuous movements, has been shown to improve cardiovascular fitness and effectively support weight loss when performed regularly (Sitepu et al., 2020; Saldin, 2019).

Zumba is a dance-based aerobic exercise characterized by high-energy cardiovascular movements that promote calorie expenditure and cardiovascular health (Luetngen et al., 2012). Studies indicate that regular participation in aerobic exercise programs can result in significant weight reduction (Dewantari & Ambartana, 2017). Zumba also incorporates elements of High Intensity Interval Training (HIIT), making it an effective approach for fat loss and metabolic improvement. Pound Fit is a modern fitness program that combines aerobic exercise with rhythmic drumming movements using specialized sticks. Research has shown that Pound Fit enhances cardiovascular fitness, muscular strength, coordination, and psychological well-being (Damayanti et al., 2024; Yanuar & Sulistyarto, 2024). Additionally, Pound Fit has been associated with improved sleep quality among adult women, highlighting its benefits beyond physical fitness.

Another emerging form of exercise is trampoline gymnastics, which involves repetitive jumping movements performed on a trampoline with musical accompaniment. While trampoline exercise is known to enhance coordination and cardiovascular response, limited empirical evidence exists regarding its effectiveness in weight loss, indicating a gap in current scientific literature.

Preliminary observations in Jambi City reveal an increasing interest among women in participating in gymnastics activities as a means of maintaining fitness and achieving an ideal body weight. Various fitness studios offer aerobic gymnastics, Zumba, Pound Fit, and trampoline exercise, each with distinct movement patterns and intensity levels. Participants' motivation to engage in these activities is influenced not only by health considerations but also by enjoyment, social interaction, and perceived effectiveness in weight management. However, differences between participants' subjective perceptions and existing scientific evidence highlight the need for further investigation. Perception plays a crucial role in long-term exercise adherence, influencing consistency, motivation, and commitment. Therefore, this study aims to explore women's perceptions and experiences regarding different types of gymnastics and their perceived effectiveness in weight loss, providing a more comprehensive understanding of exercise-based weight management strategies among women in Jambi City.

Literature review

Gymnastics

According to Mahendra (2001), gymnastics can generally be defined as a form of physical exercise that is deliberately selected and designed, carried out consciously and in a planned manner, and systematically arranged with the aim of shaping and developing an individual harmoniously. Oksyalia et al. (2018) similarly explains that gymnastics is a type of physical exercise that is intentionally selected and constructed, performed consciously and in a planned way, and systematically organized with the purpose of improving physical fitness, developing skills, and instilling mental and spiritual values.

Weight loss

Body weight is the result of increases or decreases in all tissues present in the body, including bones, muscles, fat, body fluids, and others. Body weight reflects the total amount of protein, fat, water, and minerals in the bones. Changes in body weight refer to alterations in weight, either increasing or decreasing, as a result of food consumption that is converted into fat and stored under the skin. Weight gain is the excessive accumulation of fat in the body that occurs in adipose tissue throughout the body (Rini et al., 2020). Body weight is a highly labile anthropometric parameter. Under normal conditions, when health status is good and the balance between nutrient intake and nutritional needs is maintained, body weight develops in accordance with increasing age. Conversely, under abnormal conditions, there are two possible patterns of body weight development: it may increase more rapidly or more slowly than normal. Body weight must always be monitored to provide information that enables early preventive nutritional interventions to address tendencies toward undesirable weight loss or gain. Body weight should always be evaluated in the context of weight history, including lifestyle and recent weight status. Body weight determination is carried out by weighing (Rahma et al., 2021).

Body weight is one of the parameters that provides an overview of body mass. Normal or ideal body weight is achieved when height and body weight are proportionate. The limits of normal body weight in adults are determined based on ideal body weight values (Rafiq et al., 2022). Body weight is a measure that is commonly or frequently used to assess a person's nutritional status, typically obtained by weighing the body while wearing minimal clothing and without accessories (Rini et al., 2020). A healthy body weight is a body weight that has proportions balanced with height. Body weight is measured using a weighing scale with units of kilograms (Jaelani et al., 2018).

Body Mass Index (BMI)

An easy way to determine whether a person is overweight is by measuring body weight at an early stage. To determine normal body weight, it is commonly calculated using the Body Mass Index (BMI), which is obtained by dividing a person's body weight in kilograms by their height in meters squared. A related and simpler approach is the Broca Index, in which ideal body weight is estimated directly from height as follows (Laurent et al., 2020).

$$\text{Ideal Body Weight (IBW)} = 90\% \times (\text{Height} - 100)$$

If a person's height is 175 cm, then the ideal body weight is $90\% \times (175 - 100) = 67.5$ kg. A person is considered overweight if their body weight is 10% higher than the ideal body weight. Thus, in this case, a person is classified as overweight when their body weight reaches 74.25 kg. Meanwhile, a person is considered obese if their body weight is 30% higher than the ideal body weight (for men). For example, a woman with a body weight of 67.5 kg will be considered obese when her weight reaches 87.5 kg, while a man with an ideal body weight of 67.5 kg will be considered obese when his weight reaches approximately 84.38 kg or more (Laurent et al., 2020).

Methodology

Research design

This study uses a qualitative method, specifically a phenomenological approach, which aims to explore participants' personal experiences of how they perceive the effects of each type of exercise in the weight loss process. According to Creswell (2013), phenomenological research is a type of research that describes the experiences or phenomena lived by individuals. Describing an individual's experiences requires the researcher to focus on what appears and emerges from what is believed to be a truth, which is a key characteristic of phenomenology.

Participants

The selection of participants in this study employed a purposive sampling technique. Purposive sampling is used when the target sample already possesses specific characteristics, making it impossible to include samples that do not meet the predetermined criteria. The characteristics attached to the sample are not general characteristics shared by all individuals; therefore, the participants selected are those who specifically possess characteristics relevant to the objectives of the study (Mulyatiningsih, 2017, p. 10).

In this study, the total population consisted of 32 active members of the VZ GYM Center aerobic studio. From this population, participants were selected based on the following criteria:

1. Participation in all aerobic exercise sessions
2. Length of participation in the exercise program
3. Ability to perform the movements
4. Level of participant activeness

Based on these criteria, seven individuals were initially selected as the sample. However, at the time of conducting the research, only five participants were willing to take part in the study. Two of the selected participants declined to be interviewed and did not wish to participate in the research. One participant was never available to be met after the field observation and consistently avoided contact, while the other showed no interest or willingness to be interviewed. Therefore, the final sample presented in this study consisted of five participants who met the established criteria.

Instruments

This study aims to analyze participants' perceptions of Aerobic Gymnastics, Tabata Gymnastics, Pound Fit, and Trampoline Gymnastics in the weight loss process at a fitness studio in Jambi City, using a phenomenological approach. This approach allows researchers to gain an in-depth understanding of participants' subjective experiences, as well as how they interpret and feel each type of exercise in the context of weight loss. To achieve this objective, a combination of qualitative data collection techniques will be employed, including semi-structured interviews and focus group discussions. Interviews will provide participants with

the opportunity to share their personal experiences, while focus group discussions will enable interaction and the exchange of perspectives among participants, thereby generating richer and more diverse data. According to expert opinion, the use of a phenomenological method in this study is crucial because it can uncover the meanings behind participants' experiences and provide deeper insights into the factors influencing the effectiveness of different types of exercise (Creswell, 2013).

These methods will help address the key research questions by providing in-depth and comprehensive data on how each type of exercise contributes to the weight loss process. Each instrument will be used strategically to collect data from multiple perspectives, offering a holistic view of the main focus of this study. Thus, this research is expected to make a significant contribution to the understanding of the effectiveness of exercise in supporting weight loss and to improving the quality of fitness programs at the fitness studio in Jambi City. The aspects of the document analysis are presented in Table 1.

Table 1. *The research questions and data sources (What, Where, and How)*

No	Research Questions	Type of Data	Data Collection	Data Analysis Techniques	Theoretical Framework
1	How do participants experience participating in aerobic exercise, Tabata exercise, Pound Fit exercise, and trampoline exercise in the process of weight loss?	Qualitative data: in-depth interviews, group discussions	Semi-structured interviews, focus group discussions, observation, documentation	Data triangulation	Theory exploring participants' personal experiences (Phenomenological Theory)
2	What factors are considered important by participants when choosing an effective type of exercise for weight loss?	Qualitative data: participants' perceptions	In-depth interviews, open-ended questionnaires regarding participants' motivation and perceptions	Thematic analysis, manual coding	Health Belief Model
3	How do participants perceive the physical and psychological impacts of each type of exercise in	Qualitative data: participants' views and experiences	In-depth interviews, participatory observation	Thematic analysis, narrative analysis, open coding	Self-Determination Theory

	supporting weight loss?				
4	What motivations and barriers do participants face in participating in exercise programs for weight loss?	Qualitative data: motivation and barriers	In-depth interviews, focus group discussions, participants' reflective notes on motivation and barriers during the exercise program	Thematic analysis, open coding	Motivation Theory

To explore how aerobic exercise, Tabata exercise, Pound Fit exercise, and trampoline exercise contribute to the weight loss process, participants will be asked to complete a questionnaire measuring their experiences with each type of exercise. The questionnaire will be analyzed to identify improvements in weight loss, levels of satisfaction, and participant motivation. In addition, semi-structured interviews will be conducted with participants to gather personal reflections on how each type of exercise influenced their weight loss journey. Participants will share their perspectives on whether variation in exercise helped them stay motivated and whether it enhanced the effectiveness of their weight loss program. This method will provide valuable data on how different types of exercise can improve overall weight loss outcomes.

Data analysis

The purpose of phenomenological research is to observe, understand, explore more deeply, and provide an overview of events experienced by individuals within particular situations. Phenomenological research is part of qualitative research because it seeks to examine phenomena or social events that naturally occur based on real situations as they happen in the field. Through a phenomenological approach, the researcher attempts to understand the meaning of events or phenomena that are interrelated between humans and uncertain conditions. Phenomenology is also described as the study of phenomena experienced by individuals, which are then retold and analyzed to discover meaningful discussions that can be further explained (Moleong, 2011, p. 13).

Results

Participants' Experiences in Participating in General Gymnastics for Weight Loss

The first research question explores how participants' experiences in engaging in General Gymnastics contribute to their weight loss efforts. The analysis of participants clearly shows that involvement in General Gymnastics sessions helped them develop motivation, activity ideas, and more meaningful strategies to exercise consistently. Before joining the

program, many participants admitted that they often had difficulty performing the prescribed exercises because the movements were still hard to follow and they were trying them for the first time. Some participants stated that they spent long periods being “inactive” and not exercising, which caused their whole body to feel sore again. Others mentioned that when they were overweight, they tended to suffer from various illnesses. These situations often made them anxious and reduced their self-confidence in their efforts to lose weight.

From the analysis of their feedback, three important patterns were identified: (1) weight loss occurred as a result of performing General Gymnastics; (2) the availability of exercise choices that were very helpful for weight loss; (3) General Gymnastics played a role in helping to reduce health problems associated with being overweight.

The presence of weight loss during participation in general gymnastics

One of the most evident outcomes of the General Gymnastics program is weight loss among participants. The concrete and familiar sequence of movements provides participants with clear training direction, thereby reducing the confusion that often arises when starting physical activity. Familiarity with movement patterns and session structure (warm-up, core exercise, and cool-down) creates a sense of comfort and helps participants focus directly on performing the exercises. This, in turn, enhances consistency and the duration of physical activity. Such consistency contributes to achieving a caloric deficit and weight loss. For example, five participants explained:

“For 10 years, before joining gymnastics, my body weight was around 98–100 kilograms only if I ate whereas now it is 66 kilograms, and this has remained consistent until now.” (PS 1)

“Over a period of 2 years, and without following a strict diet, my body weight decreased from 86 kg to 72 kg.” (PS 2)

“For more than 1 year, I managed to reduce my body weight from 65 kg to 62 kg without dieting.” (PS 3)

“For more than 1 year, before I started gymnastics my body weight was around 72 kg, then it gradually decreased to 70 kg, and eventually reached 68 kg. This reduction occurred slowly and alongside the gymnastics routine that I consistently followed.” (PS 4)

“Initially, for approximately one year, my body weight reached 69 kg, then decreased to 62 kg after routinely participating in gymnastics until now.” (PS 5)

Based on the statements of the participants, it can be concluded that regular participation in General Gymnastics contributes significantly to gradual and sustainable weight loss. The structured and familiar nature of the exercise sessions promotes comfort, consistency, and long-term adherence, even without strict dietary interventions. Continuous engagement in the

program leads to increased physical activity duration and energy expenditure, which ultimately supports the achievement of a caloric deficit and stable weight reduction over time.

The availability of gymnastics options that greatly support weight loss

The availability of various gymnastics options in the General Gymnastics program greatly supports participants in the weight loss process. The concrete and familiar movement sequences of each type of gymnastics contribute to participants' enjoyment and individual preferences, thereby reducing the confusion that often arises when starting physical activity. Preference for the provided gymnastics options creates a sense of comfort and allows participants to focus directly on the exercise. This condition encourages increased consistency and duration of physical activity, which ultimately contributes to achieving a calorie deficit and weight loss. For example, five participants explained:

“All types of gymnastics are equally beneficial, so the best choice is to adjust to individual comfort and interests. Consistency is actually the main key: any form of gymnastics, if done regularly, will provide positive results not only for body shape but also for physical and mental health.” (PS 1)

“There has been a change in body shape after routinely participating in gymnastics, especially trampoline gymnastics.” (PS 2)

“Gymnastics such as Zumba, Pound Fit, and trampoline exercises are very helpful in weight loss and improving my physical fitness. By routinely participating in these activities, I not only feel fitter but also successfully reduced my body weight from 65 kg to 62 kg. In addition, regular gymnastics also contributes to increasing muscle mass and maintaining overall health.” (PS 3)

“Trampoline gymnastics is the type I like the most and is the most effective for weight loss because it expends a lot of energy due to the jumping movements, resulting in much more sweating compared to other types of gymnastics.” (PS 4)

“Gymnastics is very helpful for weight loss. My experience of participating in various types of gymnastics such as Zumba, Trampoline, Pound Fit, and Aerobics has had a significant impact on my body weight and overall health. I lost weight from 69 kg to 62 kg after routinely doing gymnastics for approximately one year, with a primary focus on trampoline gymnastics. Although my weight tended to stabilize after the first year, this actually indicates that regular gymnastics is not only effective for weight loss but also for maintaining weight stability in the long term.” (PS 5)

Based on the statements of the participants, it can be concluded that the variety of gymnastics options within the General Gymnastics program plays a significant role in supporting weight loss. Allowing participants to choose exercises according to their preferences and comfort increases enjoyment, motivation, and consistency in physical activity. Trampoline gymnastics, in particular, is perceived as the most effective due to its high energy expenditure. Overall,

regular participation in various forms of gymnastics not only contributes to weight loss but also improves physical fitness, muscle mass, mental well-being, and long-term weight maintenance.

General gymnastics helps reduce diseases related to excess body weight

General Gymnastics sessions within a fitness program play an important role not only in weight loss but also in reducing the risk of various diseases that arise from excess body weight. The availability of several types of gymnastics in this program provides flexibility for participants to adjust activities according to their interests and abilities. The concrete and easy-to-understand movement sequences of each type of exercise make participants feel more comfortable and motivated to actively participate. A preference for certain types of gymnastics creates an enjoyable exercise experience, thereby reducing psychological barriers such as laziness, confusion, or uncertainty that often arise when starting physical activity. Comfort and interest in gymnastics activities encourage participants to exercise more consistently and for longer durations. This increased consistency directly impacts energy expenditure and helps achieve the calorie deficit needed for weight loss. This shows that General Gymnastics sessions help reduce diseases associated with excess body weight. For example, four participants explained:

“After regularly participating in various types of gymnastics, my stamina and physical endurance increased significantly. Previously, I often felt easily fatigued and even had to undergo several hospital treatments due to vertigo. However, after making gymnastics and physical exercise a routine, my condition became much healthier, stronger, and more energetic. I no longer get sick easily, and daily physical activities feel lighter. The gym has now become a ‘second home’ because it strengthens the body while maintaining long-term health.” (PS 1)

“When doing gymnastics, I felt significant changes in my stamina and endurance. Previously, I had experienced an injury to my left leg, so at the beginning of trampoline gymnastics, I had difficulty performing movements such as drop kicks and high jumps due to pain. However, after practicing regularly for 6–7 months, the complaints gradually disappeared, and I was able to perform the movements properly without feeling pain in my injured leg.” (PS 2)

“The physical impact I felt after participating in various types of gymnastics was an overall improvement in my body condition. Before exercising regularly, I had a history of vertigo that was quite disruptive. However, after consistently participating in trampoline and other gymnastics, the complaints no longer appeared.” (PS 3)

“Before joining the gymnastics program, I rarely exercised. However, after becoming accustomed to the gymnastics routine, I experienced major changes in my lifestyle. When I do not exercise, my body feels sore, weak, and even feverish. Now, my body feels much more energetic than before exercising regularly. My body does not get sick easily like before. In the past, every time I moved, my body often felt sore and painful,

but now this condition is rarely experienced. In my opinion, external factors such as weather changes can still affect health, but I feel that I get sick far less often since exercising regularly.” (PS 5)

Based on the statements of the participants, it can be concluded that General Gymnastics has a positive and significant impact on physical health, particularly for individuals with excess body weight. Regular participation in various types of gymnastics improves stamina, endurance, and overall body condition, while also reducing complaints related to previous illnesses and injuries such as vertigo and musculoskeletal pain. The enjoyable and varied nature of General Gymnastics encourages consistency, which supports sustained physical activity, weight control, and disease prevention. Overall, General Gymnastics not only contributes to weight loss but also promotes long-term health and a healthier lifestyle.

Important factors in choosing general gymnastics as a means of weight loss

The second research question concerning the important factors in choosing General Gymnastics as a means of weight loss indicates that participants’ decisions are driven by a combination of physical, psychological, and social aspects. Analysis of participants’ records/journals confirms that the choice of General Gymnastics is not merely a form of physical exercise, but also a more meaningful strategy to support consistency and motivation throughout the weight loss process.

Based on the analysis of participants’ feedback, four important patterns were identified: (1) the effectiveness of calorie burning as the primary reason participants choose General Gymnastics; (2) the sense of enjoyment that supports participants’ preference for General Gymnastics; (3) the selection of gymnastics activities tailored to participants’ needs and suitability factors; and (4) the role of studio facilities in supporting the achievement of weight loss goals.

The effectiveness of calorie burning as the primary reason participants choose General Gymnastics

One of the main factors influencing participants in choosing general gymnastics activities is the perception that these activities are effective in supporting calorie burning and weight loss. Gymnastics activities with high-intensity movements are considered capable of burning more energy, making them particularly attractive to individuals with fitness and weight-loss goals. This is reflected in the statements of the following five participants:

“The effectiveness of calorie burning is indeed one of the important factors in choosing a type of exercise... aerobics, zumba, trampoline, and pound fit have been proven to burn calories significantly because their movements are high-intensity and involve many muscle groups.” (PS 1)

“The effectiveness of calorie burning is one of the main reasons participants choose gymnastics... exercise is viewed as being able to balance excess food intake and prevent excessive fat accumulation.” (PS 2)

“Yes, it is effective because it is able to burn energy from the food consumed; the main reason is the desire to have a slim body and achieve an ideal body shape.” (PS 3)

“Trampoline exercise is considered the most effective because its movements require repeated jumps that increase training intensity, drain energy, stimulate more sweating, and help accelerate the weight-loss process.” (PS 4)

“I feel that the effectiveness of calorie burning is greater; the calories burned increase, and the body reaches an ideal weight more quickly.” (PS 5)

Based on the statements of the informants, it can be concluded that the effectiveness of calorie burning is a dominant factor influencing participants’ choice of general gymnastics activities. High-intensity gymnastics exercises, such as aerobics, zumba, trampoline, and pound fit, are perceived as effective in burning calories, balancing energy intake, and accelerating weight loss. This perception strengthens participants’ motivation to engage in these activities in order to achieve fitness goals and attain an ideal body weight and shape.

The role of enjoyment in supporting the selection of general gymnastics.

Besides physical factors, emotional aspects such as feelings of enjoyment and comfort are also important drivers in choosing general gymnastics. Participants tend to select types of exercise that provide happiness, enjoyment, and align with their personal interests, as these factors play a major role in maintaining motivation and consistency in training.

“Zumba is fun because it combines dance movements with calorie burning.” (PS 1)

“I like Zumba because it makes me feel happy, and trampoline exercise is fun because of the jumping movements.” (PS 3)

“Trampoline gymnastics is more driven by my personal interest because I feel that the jumping movements are more challenging and enjoyable.” (PS 4)

“The most important factor for me in choosing a type of exercise is not the instructor or facilities, but rather personal enjoyment and comfort while doing it.” (PS 5)

Based on the statements from the informants, it can be concluded that emotional factors particularly feelings of enjoyment, happiness, and personal comfort play a dominant role in the selection of general gymnastics activities. Participants are more motivated and consistent in exercising when the activity aligns with their personal interests and provides a pleasant experience. This indicates that emotional satisfaction is as important as physical benefits in encouraging long-term participation in general gymnastics.

The selection of gymnastics is adjusted to participants' needs and suitability factors

In addition to physical factors, emotional aspects such as enjoyment and comfort, as well as suitability, are important drivers in choosing general gymnastics. Participants tend to select a type of exercise based on how well it suits them, which may include the music, movements, instructor, or facilities. These elements play a major role in maintaining consistency in exercise. This is reflected in the participants' statements below:

"I like gymnastics not because of the number of calories burned, but because it matches my personal interests. Sports are like 'choosing a life partner'." (PS 1)

"Trampoline exercise is chosen to train the heart and lungs, aerobics to strengthen the legs, Zumba for entertainment, and Pound Fit to train both leg and arm muscles. These choices are based on personal suitability and individual goals." (PS 3)

Based on the statements of the participants, it can be concluded that the selection of general gymnastics is not solely determined by physical benefits such as calorie expenditure, but is strongly influenced by personal suitability, enjoyment, and individual goals. Emotional comfort, personal interest, and alignment with fitness objectives play a crucial role in motivating participants to consistently engage in physical activity. Therefore, suitability becomes a key factor in sustaining long-term participation in gymnastics activities.

The role of studio facilities in supporting the achievement of weight loss

The availability of adequate studio facilities is one of the external factors that influence participants' success in achieving weight loss targets. Complete and comfortable facilities help increase motivation, exercise variety, and the effectiveness of calorie burning during fitness activities.

"The sports facilities provided are quite adequate, offering variety and flexibility in training so that it does not cause boredom." (PS 2)

"Complete facilities make me feel more comfortable and confident. The training space and supporting equipment provide an optimal exercise experience." (PS 3)

Based on the statements of the informants, it can be concluded that adequate and well-equipped studio facilities play an important role in supporting weight loss efforts. Comfortable training spaces, complete equipment, and varied exercise options increase participants' motivation, confidence, and enjoyment, which ultimately enhance the effectiveness of exercise and help achieve weight loss goals.

Perceptions of the Physical and Psychological Impacts of General Gymnastics on Weight Loss

The third research question regarding participants' perceptions of the physical and psychological impacts of General Gymnastics indicates a strong relationship between the benefits of exercise and improvements in both physical and psychological aspects during the weight loss process. Based on participants' records and experiences, it can be understood that General Gymnastics is not merely a form of physical activity but also provides positive effects on participants' physical condition as well as their psychological well-being. From the analysis of their feedback, four important patterns were identified:

(1) physical changes experienced by participants serve as the primary reason for choosing General Gymnastics; (2) an improvement in participants' physical fitness; (3) General Gymnastics plays a role in strengthening mental condition; and (4) General Gymnastics generates positive emotional effects, such as feelings of enjoyment and happiness.

Physical Changes as the Main Reason Participants Choose General Gymnastics

Physical changes experienced by participants are the primary reason for choosing general gymnastics. These physical improvements form a strong, integrated factor, as participants become more motivated and enthusiastic in carrying out exercise activities to achieve their desired body shape. All five informants expressed similar views regarding this factor, as described below:

“From initially wearing double XL clothing, I now have to downsize because my body has become much slimmer. My waist circumference has decreased significantly, and my weight dropped from 98 kilograms to 50 kilograms.” (PS1)

“At first, my weight was 86 kg, and now it has reached 72 kg. The body part that changed the fastest was the waist area.” (PS2)

“I successfully reduced my weight from 65 kg to 62 kg, accompanied by an increase in muscle mass and a decrease in body fat.” (PS3)

“At the beginning of joining the exercise program, my weight was 72 kg, and then it gradually decreased to 68 kg.” (PS4)

“Initially, my weight was 69 kg, and then it decreased to 62 kg after regularly doing exercise for one year.” (PS5)

Based on the statements from the informants, it can be concluded that regular participation in exercise or gymnastic programs has a positive impact on body composition and weight loss. Most participants experienced a significant reduction in body weight, particularly in the waist area, indicating a decrease in body fat. In addition, some participants

reported improvements in muscle mass, suggesting that the exercise not only supports weight loss but also enhances overall physical fitness and body shape.

The increase in participants' physical fitness

There was an improvement in the physical fitness of participants as a result of engaging in general gymnastics activities. In this context, general gymnastics was considered effective in helping to enhance participants' physical fitness. Gymnastics activities that involve high-intensity movements were perceived as capable of improving physical fitness, thus becoming a particular attraction for individuals whose goal is to increase their level of physical fitness. This is supported by the statements of the following five participants:

“Previously, I often felt easily fatigued and even had to be hospitalized due to vertigo. After regularly doing exercise, my body feels much healthier, stronger, and full of energy.” (PS 1)

“My stamina has improved, and my body no longer feels out of breath when climbing stairs. A leg injury also healed after six months of regular trampoline exercise.” (PS 2)

“Now my body feels lighter, not easily tired, and my movements feel more comfortable, even when doing strenuous activities.” (PS 3)

“Before getting used to exercising, my body became tired quickly even during light activities. Now I can go through the day without feeling easily exhausted.” (PS 4)

“My body feels more energetic and I rarely get sick. Even after being ill for two weeks, I quickly regained the motivation to exercise again.” (PS 5)

Based on the statements of the participants, regular exercise has a significant positive impact on physical health and stamina. The participants experienced increased energy levels, improved endurance, faster recovery from illness or injury, and reduced feelings of fatigue during daily activities. Overall, consistent exercise contributes to better physical fitness, stronger bodies, and improved quality of life.

General gymnastics plays a role in strengthening mental condition

Participation in general gymnastics can help strengthen an individual's mental resilience. This improvement in mental condition becomes a significant factor, as participants become more capable of controlling their own mental state while carrying out daily activities. Four informants expressed similar views regarding this factor, as described below:

“Previously, I was easily irritated and stressed. After participating in exercise, my emotions became more stable, calmer, and I was not easily angered anymore.” (PS 1)

“Zumba not only improves physical health but also helps reduce stress and enhance mood.” (PS 3)

“Motivation is still influenced by mood, but after exercising, feelings become lighter and happier.” (PS 4)

“If I do not exercise, my body feels sore and lethargic. Exercise makes me feel calmer and more energetic.” (PS 5)

Based on the participants’ statements, it can be concluded that exercise, including Zumba, has positive effects not only on physical health but also on psychological well-being. Regular exercise helps stabilize emotions, reduce stress, improve mood, and increase energy levels. Participants reported feeling calmer, happier, and more refreshed after exercising, while a lack of physical activity led to feelings of fatigue and discomfort. These findings indicate that exercise plays an important role in enhancing overall physical and mental well-being.

General gymnastics provides an impact of feeling happy

In addition to physical factors, emotional aspects such as feeling happy also serve as an important motivation in choosing general gymnastics. Participants tend to select this type of exercise because it makes them feel happy while performing the activities. This sense of happiness may come from the music, movements, instructors, or facilities, all of which play a major role in maintaining exercise consistency. This can be explained through the statements provided by the participants.

“After exercising, the body feels refreshed and emotions become happier.” (PS 1)

“Group exercise makes me happier because I get to meet new friends.” (PS 2)

“Zumba creates a fun atmosphere, making me feel happy and full of energy.” (PS 3)

“I feel happier because my body feels lighter and my mind becomes calmer after exercising.” (PS 4)

“The pain I feel when I do not exercise makes me realize that physical activity brings happiness it is not an obligation, but a necessity.” (PS 5)

Based on the participants’ statements, it can be concluded that exercise has a positive impact on both physical and psychological well-being. Physical activity helps the body feel refreshed, lighter, and more energetic, while also improving mood, creating a sense of happiness, and promoting mental calmness. In addition, group exercise provides social benefits by fostering interaction and new friendships, which further enhance emotional well-being. Therefore, exercise is perceived not merely as an obligation, but as an essential need for maintaining physical, mental, and social health.

Motivation and barriers in participating in general gymnastics for weight loss

The fourth research question, which focuses on motivation and barriers in participating in general gymnastics for weight loss, reveals a dynamic relationship between the participants' positive driving factors and the challenges they experience during the training process. Based on participants' records and experiences, it can be understood that motivation to engage in physical exercise does not arise solely from the desire to lose weight, but also from intrinsic factors such as the desire to maintain health, increase self-confidence, and experience happiness after exercising.

External factors, including instructor support, motivating music, a positive class atmosphere, and social interaction with fellow participants, further strengthen this motivation. These elements make gymnastics activities feel more enjoyable, encouraging participants to remain consistent in following the program, even when they initially joined with a simple goal. From the analysis of participants' feedback, two important patterns were identified: (1) The main motivation for participants to choose general gymnastics is the desire to maintain health and improve physical fitness; (2) Participants face several barriers when engaging in general gymnastics, including time constraints, financial limitations, physical conditions, and dietary factors.

Interview primary motivation of participants in choosing general gymnastics: the desire to maintain health and improve physical fitness

Building on the previous findings, participants' choice of general gymnastics is not driven solely by the goal of weight loss, but also by a more fundamental motivation: maintaining health and improving overall physical fitness. Structured activities ranging from warm-up, main exercise, to cool-down combined with music, instructor support, and a positive class atmosphere, create a training experience that is not only physically effective but also emotionally enjoyable and calming. These factors ultimately strengthen participants' motivation to continuously choose and maintain participation in general gymnastics. This can be seen in the participants' statements below.

“My main motivation for joining general gymnastics is to maintain my health. After realizing that my eating habits and lifestyle were unhealthy, I wanted to improve them through exercise that I can do consistently.” (PS 1)

“My motivation for joining gymnastics is to maintain physical health. Before exercising regularly, my body felt heavy and I became easily fatigued. After exercising routinely, my body feels fresher and more energetic.” (PS 2)

“I chose gymnastics because it can burn calories while also improving physical fitness. With various exercise variations, my body becomes stronger and fitter.” (PS 3)

“My motivation is to maintain long-term fitness and health, not merely to lose weight.” (PS 4)

“My motivation is to keep my body healthy and be able to perform daily activities without getting tired easily. A lighter body weight makes worship and work easier.” (PS 5)

Based on the participants’ statements, it can be concluded that the primary motivation for participating in general gymnastics is to maintain overall health and physical fitness. Gymnastics is perceived as a form of exercise that can be performed consistently and contributes to increased energy levels, reduced fatigue, calorie burning, and improved physical strength. Moreover, the participants emphasize that their motivation goes beyond weight loss, focusing instead on long-term health, fitness, and the ability to carry out daily activities more effectively.

The Barriers to Participating in General Gymnastics (Time, Cost, Physical Condition, and Diet)

In addition to motivating factors such as happiness and physical changes, there are also tangible barriers that influence participants’ decisions and consistency in choosing general gymnastics. These barriers generally arise in four domains: time, cost, physical condition, and dietary habits.

First, time constraints such as rotating work schedules, household responsibilities, or conflicts with class schedules often lead to inconsistent attendance and hinder training progress. Second, financial factors, including class fees, transportation costs, and equipment expenses, can become burdensome, especially when the benefits are not immediately perceived. Third, physical conditions such as injuries, musculoskeletal complaints, fatigue, vertigo, or mild comorbidities frequently reduce participants’ confidence to train or require modifications in exercise intensity, resulting in a slower adaptation process. Fourth, dietary factors including food temptations, irregular meal schedules, and limited knowledge of nutritional recovery can disrupt energy levels during training and post-exercise recovery, ultimately affecting motivation.

“My biggest obstacle is controlling my appetite. Cost and time are not problems, but maintaining discipline in my eating patterns is a challenge.” (PS1)

“The main challenges are boredom and limited time for exercise. However, these can be overcome through varied exercise routines and family support.” (PS3)

“My obstacle is scheduling conflicts with household responsibilities and my physical condition when I am not feeling fit.” (PS4)

“My main difficulty is food, especially sweet coffee, which is hard to reduce, as well as time that sometimes conflicts with other activities.” (PS5)

Based on the statements of the informants, the main obstacles in engaging in exercise and maintaining a healthy lifestyle are not related to cost, but rather to dietary control, time management, physical condition, and feelings of boredom. In addition, the habit of consuming

sweet foods and beverages and conflicts with household responsibilities are significant challenges. However, these obstacles can be minimized through varied exercise activities, disciplined eating habits, proper time management, and support from family members.

Discussion

Based on the overall findings of the study, it can be concluded that General Gymnastics serves as a holistic, effective, and sustainable health intervention in supporting weight loss, improving physical fitness, and fostering healthy lifestyle changes among participants with excess body weight. The findings demonstrate not only physical benefits but also significant psychological and social transformations that mutually reinforce one another. From a physiological perspective, participants' engagement in structured, consistent, and varied General Gymnastics activities (including aerobic gymnastics, Zumba, trampoline exercise, and Pound Fit) was shown to create a sustained energy deficit, which constitutes the primary mechanism underlying weight loss. This finding is consistent with the energy balance theory, which posits that weight reduction occurs when energy expenditure exceeds energy intake (Hall et al., 2012; Donnelly et al., 2009). Moderate- to vigorous-intensity gymnastics activities increase total daily energy expenditure through the involvement of large muscle groups, elevated heart rate, and increased oxygen consumption, as recommended in the World Health Organization's physical activity guidelines (Bull et al., 2020).

However, the present study reveals that successful weight loss is not determined solely by exercise intensity, but rather by long-term adherence, which is strongly influenced by psychological factors. The diversity of exercise modalities within General Gymnastics emerged as a critical factor in maintaining adherence. Participants were able to select exercise types according to personal preferences, mood, and physical condition, thereby reducing boredom and increasing weekly exercise duration to reach an effective dose ($\geq 150 - 300$ minutes per week). This finding supports the meta-analysis by Jayedi et al. (2024), which demonstrated a dose - response relationship between aerobic exercise duration and reductions in body weight and waist circumference. From a behavioral change perspective, participants' experiential trajectories reflect the stages described in the Transtheoretical Model of Behavior Change (Prochaska & DiClemente, 1983), beginning with awareness of unhealthy body conditions, progressing to the action stage through active participation in gymnastics, and culminating in the maintenance stage, in which physical activity becomes an integral part of daily life. This transformation is reinforced by intrinsic motivation, as conceptualized in Self-Determination Theory (Ryan & Deci, 2000). Enjoyment, comfort, and autonomy in selecting exercise modalities fulfill basic psychological needs (autonomy, competence, and relatedness), thereby shifting participation from externally driven compliance to internally regulated, sustainable motivation.

The study further demonstrates that the impact of General Gymnastics extends beyond weight loss to include improvements in health conditions previously compromised by excess body weight. Participants reported reductions in symptoms such as vertigo, joint pain, chronic fatigue, and enhanced functional capacity in daily activities. These findings are consistent with previous research by Warburton et al. (2006) and McArdle et al. (2015), which highlights that regular aerobic physical activity improves cardiovascular capacity, metabolic efficiency, and musculoskeletal strength, while contributing to the prevention and rehabilitation of obesity-

related conditions. Reported anthropometric changes, particularly reductions in waist circumference and increased muscle tone, represent critical indicators of program effectiveness. Scientifically, a decrease in waist circumference reflects a reduction in visceral adipose tissue, which is strongly associated with cardiometabolic risk (Després, 2012; Ross et al., 2020). The combination of aerobic and bodyweight-based strengthening exercises in General Gymnastics facilitates fat loss while preserving lean muscle mass, resulting in more proportional and functional body composition changes (American College of Sports Medicine [ACSM], 2021).

Psychological outcomes emerged as one of the most prominent findings of the study. Early physical achievements, such as weight reduction and looser-fitting clothing, functioned as mastery experiences, enhancing participants' self-efficacy (Bandura, 1997). Increased self-confidence subsequently reinforced exercise adherence, forming a positive feedback loop between physical outcomes and psychological motivation. Over time, exercise was no longer perceived as an obligation but rather as a bodily necessity and a form of self-care, aligning with Fox's (1999) conceptualization of the relationship between physical activity, psychological well-being, and quality of life. Environmental factors also played a strategic role in program success. Adequate training facilities, a comfortable exercise atmosphere, and the presence of competent and supportive instructors were shown to enhance motivation, perceived safety, and participants' attachment to gymnastics activities. This aligns with Social Cognitive Theory (Bandura, 1986), which emphasizes that supportive environments can strengthen self-efficacy and sustain health-related behaviors. Instructors functioned not only as technical facilitators but also as role models, motivators, and agents of lifestyle change, consistent with the framework proposed by Mageau and Vallerand (2003). Furthermore, social support from peers, family members, and the gymnastics community strengthened participants' motivation through a sense of belonging and social connectedness. Group cohesion and peer encouragement were found to enhance attendance consistency, supporting the findings of Spink and Carron (1992). In this context, the gymnastics studio functioned not merely as a physical training space but also as a social and emotional environment that reinforced long-term commitment to an active lifestyle.

Conclusion

Based on the results of the study on the perceptions of gymnastics studio members in Jambi City regarding general gymnastics in the weight loss process, it can be concluded that members' perceptions of general gymnastics are generally positive. The majority of respondents perceive general gymnastics as a form of physical activity that is easy to follow, enjoyable, and suitable for various age groups and fitness levels. General gymnastics is considered effective in supporting weight loss. Respondents stated that the combination of varied movements, musical rhythm, and adjustable exercise intensity enables general gymnastics to increase calorie expenditure and improve physical fitness. Motivation and consistency were identified as key factors in achieving successful outcomes. In terms of the impact of general gymnastics, positive perceptions of exercise benefits, a comfortable studio environment, and support from instructors play an important role in maintaining members' discipline in attending training sessions. Psychological benefits were also reported by participants. In addition to physical improvements, most members experienced enhanced

mood, increased self-confidence, and greater personal satisfaction after participating in general gymnastics, which indirectly supports the sustainability of weight loss programs. Therefore, general gymnastics is perceived as an effective, enjoyable, and appropriate form of exercise to be considered a primary option for weight loss programs among the community in Jambi City.

Disclosure Statement

No potential conflicts of interest were reported by the authors.

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