

## ABSTRACT

**IRA HANDAYANI, NIM : G2B013018, 2017. THE EFFECT OF SKIPPING ROPE AS A TRADITIONAL GAME TOWARDS WEIGHT LOSS OF OVERWEIGHT COLLEGE STUDENT IN DORMITORY KH. SAHLAN ROSJIDI. Supevisor I : Agus Sartono, Supervisor II : Erma Handarsari, Undergraduate Nutrition Science Program The Faculty of Nursing and Health Muhammadiyah University of Semarang.**

**Background:** Two important factors that affect body weight are physical activity and energy intake. Traditional game especially skipping rope demand several movements or physical activity. The utilization of calories may help to lose body weight. The reserach is aiming to prove the effect of skipping rope intervention towards the possibility of weight loss of overweight college student in dormitory KH. Sahlan Rosjidi.

**Method :** Experimental research with One Group Prettest-Posttest Design with the subject of overweight and obese college student who lived in dormitory KH. Sahlan Rosjidi University of Muhammadiyah Semarang. The total subject of this research is 11 samples that choosen by purposive method. The skipping rope is conducted for six weeks with three times each week. The data of body weight is obtained before and after the intervention is conducted. The data of energy intake and physical activity is obtained by recall method on the beginning and the end of intervention. The difference of each variable before and after intervention is examined by paired t-test..

**Result :** This research shows that there is increasing of physical activity level due to the given exercise of traditional game, skipping rope. Physical activity before and after intervention is significantly different ( $p = 0.000$ ). There is no significant difference between energy intake after subject had done the exercise. Energy intake before and after exercise is not significantly different ( $p = 0.05$ ). The statistical analysis shows there is no significant difference of body weight before and after exercise ( $p \text{ value} = 0.069$ ).

**Conclusion :** Traditional game skipping rope that has been conducted is not yet effective to promote losing body weight of overweight and obese college student who lived in dormitory KH. Sahlan Rosjidi University of Muhammadiyah Semarang.

**Keywords :** Overweight, UNIMUS student, Skipping Rope