

Effect of Six-Week Shallow Water Aerobics (SWA) On Improving Physical Fitness in Young Females

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Shallow water aerobics refers to a type of exercise performed in water that is relatively shallow, typically waist to chest deep. It is a form of aerobic exercise that combines cardiovascular conditioning, muscle toning, and flexibility training. The aim of the study was to evaluate the effect of six-week shallow water aerobics (SWA) on improving physical fitness in young females. Twenty-two young females of mean age 17.9 (+1.43) years, randomly divided into two groups (shallow water aerobics and control), participated in the study. The training lasted 6 weeks, with one-hour sessions, 3-4 times a week. The five components of physical fitness are cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition. Six weeks of buoyancy in shallow water aerobics reduces the impact on the joints, making it a low-impact exercise option suitable for individuals of various fitness levels and abilities. After training, a statistically significant increase in fat-free mass, body cell mass, and total body water was observed ($p = 0.01$), whereas body mass, the body mass index, and body fat decreased ($p < 0.02$). It is important to note that the effect of shallow water aerobics on body composition varies depending on several factors, including the intensity and duration of the workouts, individual fitness levels, and dietary habits. The water also provides resistance, which helps to strengthen muscles and increase calorie burn, shallow water aerobics can be an effective and enjoyable way to improve cardiovascular fitness, muscle tone, flexibility, and overall body composition. Consistency and a balanced diet are key components in achieving and maintaining a healthy body composition.

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