

## **FAT LOSS RESOLUTION FOR MEMBERS OF THE INDONESIAN POLICE WHO EXPERIENCED OBESITY**

Mochamad Arifin

Jurusan Pendidikan Kepelatihan Olahraga, Universitas Negeri Surabaya, Surabaya, Indonesia

\*mochamadarifin@unesa.ac.id

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**ABSTRAK:** Tulisan ini bertujuan untuk mengatasi masalah obesitas yang selama ini dialami oleh sebagian Anggota Kepolisian Republik Indonesia. Populasi yang akan digunakan dalam pembentukan ini atau Anggota Kepolisian Republik Indonesia yang sedang mengalami masalah obesitas khususnya di Bandung, Lumajang, dan Yogyakarta. Sampel yang akan digunakan dalam penulisan ini adalah anggota Polsek "Polda DIY" dengan jumlah 465 mengalami kelebihan berat badan dan sekitar 85 orang mengalami masalah obesitas. Pengambilan sampel menggunakan *purposive sampling*, pengolahan data yang akan menghasilkan analisis yang berkembang pada berbagai pemikiran untuk mendapatkan sintesis dari permasalahan yang akan dibahas. Konsep program merupakan upaya yang sedang berlangsung dan *rehabilitatif* yang akan penulis bahas dengan sasaran adalah anggota kepolisian yang mengalami masalah obesitas, kemudian mereka akan diberikan perlakuan dengan menerapkan program *fatloss* yang tujuannya adalah mengembalikan kondisi fisik polisi yang bermasalah dengan obesitas hingga kondisi kebugaran jasmani yang ideal

**KATA KUNCI:** Fat Loss; Anggota Polisi; Obesitas.

**ABSTRACTS:** This writing intends on solving the obesity problem that had been around by some Republic Indonesian Police Force Members. The populations that will be used in this writing or the Republic Indonesian Police Force Members that are getting into the obesity problems specially in Bandung, Lumajang, and Yogyakarta. The sample that will be used in this writing is the members of the police force "Polda DIY" with the number 465 that are getting into overweight and about 85 are getting into the obesity problems. The sample making will use *purposive sampling*. The data processing that will produce the analysis that develop on many thoughts to get the sintesis from the problems that will be discussed. The program concept is a curative effort and rehabilitative that will be discussed by the writer with the target is the police force members that get the obesity problem, then they are will be given some treatments by applying the *fatloss* programe that the goal is to bring back the physical condition of the police that have obesity problem to the ideal physical fitness conditions.

**KEYWORD:** Fat Loss; Police Member; Obesity.

### **1. INTRODUCTION**

Obesity can be solved if handled as quickly and as early as possible correctly. Doctors generally advise obese people to go on a diet as one way to deal with their weight problem. However, there are some things that should be considered when losing weight. These things include reducing food habits a little at a time, do not make massive dietary changes because it will make your digestion surprised. Dietary changes must be made consistently slowly.

Exercise is one of the important ways to tackle the problem of obesity. Achieving an ideal weight is something very important for health, because if too fat will increase the risk of suffering from various diseases such as cardiovascular disease (heart disease and stroke), hypertension, diabetes. Although exercise is very important for obese people to lose weight, it is important to know that people who are overweight or obese have a higher risk of injury when exercising. For this reason, obese people



should be able to choose a sport that provides benefits without giving the risk of injury.

In general, people who are obese should avoid exercise that is too hard or forced because it will cause difficulty breathing and should avoid sports that put too much pressure on the joints. However, exercise must be regular and not excessive. Doing endless exercise with the intention of getting skinny quick body is certainly not recommended because it will create fatigue. This will lead to extreme hunger, so that the intention to lose weight is not carried out, which in fact ends up eating twice as much as it should be so that you actually gain weight.

This diet and exercise program for obesity will be applied to members of the police force who are obese. A regular diet with attention to calories, fats and nutrients and aerobic exercise that is done 3-4 times a week with low-moderate intensity should have started to be applied from now on for the ideal quality of police performance.

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## 2. RESEARCH METHOD

The author collects literature from reading books, the internet, and some advice from senior lecturers, as well as information from print media. The author reads on the internet related to literature, after the literature collected the author categorizes the literature into 3 categories namely pre-test, treatment, and post-test. Each category was sampled by purposive sampling. Then continue collecting data from books that are adapted to literature samples from the internet. Information that is poorly understood and requires explanation, the author consults a senior lecturer.

The data that has been collected, both primary data and secondary data, were reviewed by researchers. The relevant information is then compiled from the causes of obesity experienced by police officers, proper diet, safe and healthy diet, and the pattern of physical fitness exercises.

Furthermore, the author determines goals for the program and designs programs that are tailored to the goals. The data processing of data carried out will result in a growing analysis of the thinking to find the synthesis of the problems studied. The concept of the program is a curative and rehabilitative effort carried out by the author with the target of police members who are obese and then treated by implementing a fat loss program that aims to restore the physical condition of the obese police to a fitness condition ideally owned by a police officer.

At this stage the author takes the essence of the entire content of the analysis and synthesis of scientific papers. The author also presented program recommendations to the Indonesian National Police Agency.

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## 3. RESULT

On average women have more body fat than men. The normal ratio between body fat and weight is about 25-30% in women and 18-23% in men. Excessive accumulation of fat under the diaphragm and inside the chest wall can suppress the lungs, resulting in respiratory disorders and shortness of breath, although the sufferer only performs mild activities. Respiratory disorders can occur during sleep and cause a temporary cessation of breathing (sleep apnea), so during the day sufferers often feel sleepy. Obesity can cause a variety of orthopedic problems, including lower back pain and worsening osteoarthritis (especially in the hips, knees and ankles). Sometime a skin disease also can be found.

A person who suffers from obesity has a relatively narrower surface compared to his body weight, so that body heat cannot be disposed efficiently and produces more sweat. Edema is often found (swelling due to the accumulation of a certain amount of fluid) in the area of the limbs and ankles.

At this time the level of obesity, especially members of the Indonesian National Police, has only recently become a serious concern in various media both print and electronic. This is because the police have a function as law enforcement in ensuring the system of defense and national security. So the police must be prepared to carry out their duties such as eradicating crime, criminality, terrorism and so on. Therefore, the physical fitness of police officers must be maintained properly. As reported in [Republika.co.id](http://Republika.co.id), Soreang, Bandung.

Of the total number of members of the Bandung Police as many as 1,704, the members who have been examined as many as 603 people. Of these, 70 were obese, while 330 were overweight.

(<http://www.republika.co.id/berita/nasional/jawa-barat-nasional/13/01/16/mgpkt7-330-polisi-di-polres-bandung-kegemukan-70-obesitas>)

Meanwhile in Yogyakarta Regional Police, out of 2525 personnel, 465 were overweight and 85 were obese. Meanwhile, at the Lumajang Police Station from 1684, 238 were overweight and 64 were obese. This has a profound effect on the quality of work of a police officer and worsens the image of the country's police force, with such a body condition of course his physical fitness is very far below ideal and cannot carry out his police duties in general.

When we do aerobic physical activities with low-medium intensity and long time then ATP-PC runs out and glucose thins. As blood glucose decreases, certain hormones from the endocrine glands (epinephrine, norepinephrine, cortisol, glucagon) are released to transmit signals to the body's cells to stimulate Lipolysis (Lipo = Lipid, Lysis= breakdown). Lipolysis is the process of breaking down triglycerides into 3 molecules of Fatty Acid (fatty acids) and glycerol. Glycerol through a series of chemical reactions and certain mechanisms can be converted into

glucose or pyruvate, which is then included in a series of oxidative phosphorylation reactions. Fatty acids through the process of beta oxidation, fatty acids are broken down into acetic acid and then become Acetyl CoA. Acetyl CoA goes into the Krebs cycle (oxidative phosphorylation sequence).

Table 1. Physical Activity Recommendations

TYPE OF EXERCISE	EXERCISE MEASURE	DESCRIPTION
Main Exercises: Jogging, walking, cycling, swimming, aerobics, spa and others.	<ul style="list-style-type: none"> <li>Frequency: 3-5 times/week.</li> <li>Intensity: 65 – 85 % MHR</li> <li>Duration: 20 – 60 minutes.</li> </ul>	Improve exercises gradually
Complementary Exercises: Weight training	<ul style="list-style-type: none"> <li>Frequency: 3 – 5 times/week.</li> <li>Intensity: &lt; 70 % 1RM</li> <li>Reps: 15 – 20 times</li> <li>Set : 2 - 3 set</li> <li>Recovery: 30" – 60" between sets and 60" – 90" between tools/posts</li> </ul>	Exercise the whole muscle: <ul style="list-style-type: none"> <li>Number of tools/posts: 12-16</li> <li>Lancer rhythm</li> <li>Circuit training methods</li> <li>Moderate intensity</li> <li>Long duration</li> </ul>

Cardio exercises (bicycle / treadmill) before weight training is 10-20 minutes because it is limited to warming up, then after weight training 20-40 minutes as fat burning. During weight training the burn is carbohydrates and sugar and during cardio exercises the burn is fat. For people with obesity level II and III is not recommended jogging because it is dangerous on the ankles, but it is better to walk quickly with interval training method (4 minutes fast walk 2 minutes leisurely walk). The duration of weight training is  $\pm$  to 1 hour.

#### 4. DISCUSSION

Obesity is a condition of being overweight due to accumulated fat, for men and women respectively exceeding 20% and 25% of body weight and can endanger health. The criteria and classification of obesity are broadly divided into two, namely based on clinical physical characteristics that occur and anthropometry



(based on Body Mass Index (BMI) and based on measurements of waist circumference ratio and comparison between waist circumference and hip circumference) and biochemically (determination of fat in the body is carried out using Bio-Impedance analysis (BIA).

The factors that cause obesity are genetic factors, hormones, food, diet (lifestyle), physical and drug use. The most influential factor is diet (lifestyle). The wrong lifestyle will exacerbate obesity rates. Obesity can be overcome mainly by adopting a proper and safe diet (not using drugs), a regular and balanced diet with low fat and calories but high in protein. Exercise with aerobic exercise motion characters for a long duration of time.

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## 5. CONCLUSIONS AND RECOMMENDATIONS

The author would like to recommend that this fat loss program be held in every police office starting from the Sectoral Police, Police Department, Regional Police and Indonesian National Police Headquarters. Program managers are health practitioners, members of the police force itself and students of sports science.

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