

PENGARUH LATIHAN FISIK TERHADAP PENURUNAN KADAR LEMAK SUBKUTAN PADA TIKUS PUTIH (*Rattus norvegicus*) USIA MENOPAUSE

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Life expectation with age factor for the community in Indonesia has increase reaching 68.2 years old for female and 64.3 years old for male and its should gain special focus in medical and health field. Menopause profile in Indonesia is based on cross sectional studies from 1.350 Indonesian female ages between 40-60 years old. The increase number of female is followed with their lack of physical exercise. More than two million deaths each year is contributed by lack of moving/physical activity, and it also changing rates of several hormones within the body and having its impact in low body metabolism, it might caused fat accumulation particularly in waist, hip and stomach area. Together with the increasing life expectation of the people in Indonesia, therefore life quality improvement for menopause should be occurring. Physical activity (exercise) is a healthy effort which is using physical activity or exercise to improve the healthy condition.

Objective of this study is to found out the effect of physical exercise toward decreasing sub-cutaneous fat content in menopause white rats (*Rattus norvegicus*). Type of the study is actual experimental. Study's design used is the post test-only control group design. Population of this study is 14 female white rats (*Rattus norvegicus*) which are aged $\pm 7 - 8$ month, which consist of 2 treatments and 7 replications. Sample collection technique is simple random sampling (randomly and simple). Independent variable in this study is treatment consist of physical exercise and non physical exercise also ovariectomy, its dependant variable is fat content particularly in subcutaneous area, and its control variable is white rats (*Rattus norvegicus*), rat's sex, rat's age, food intake, drink and its cage. Fat content analysis used in this study is using Acid Hydrolysis Method. Fat content technique used in this study is Independent Sample Test. Based on test result of Independent Sample Test with exercising rats means is 51,558 while non-exercising rats means 64,083 which is real and obtain signification rate (Sig. 2 tailed) smaller than signification level of α (0,05) that is $0,000 < 0,05$. It shows that there is effect of physical exercise toward the decreasing sub-cutaneous fat content in menopause white rats (*Rattus norvegicus*).