

Pengaruh latihan fisik aerobik dan detrain terhadap gambaran histologis thalamus tikus = The effect of aerobic exercise and detraining on histological structure of thalamus mice

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Abstrak

[ABSTRAK

Latihan fisik aerobik yang dilakukan secara teratur dapat memberikan efek positif terhadap struktur dan fungsi otak tertentu seperti perbaikan perfusi darah peningkatan neurogenesis peningkatan fungsi kognitif dan memori Efek tersebut dapat hilang jika latihan dihentikan detrain Tujuan dilakukan penelitian ini adalah mengetahui pengaruh latihan fisik aerobik dan detrain terhadap jumlah sel saraf normal di thalamus yang merupakan stasiun relay mayor impuls sensorik dan motorik antar bagian otak Penelitian dilakukan secara eksperimental pada hewan coba yakni dengan penghitungan jumlah sel saraf normal thalamus tiga kelompok tikus diberi perlakuan latihan fisik aerobik training detraining dan tidak diberi perlakuan Hasil menunjukkan bahwa terdapat peningkatan jumlah sel saraf normal thalamus pada kelompok training 73 dibandingkan dengan kelompok kontrol 59 yang akan menurun pada kelompok detraining 71 Namun uji ANOVA menunjukkan bahwa tidak terdapat perbedaan bermakna $p > 0,266$ $p > 0,05$ pada ketiga kelompok tikus Disimpulkan bahwa latihan fisik aerobik dan detrain tidak berpengaruh nyata pada jumlah sel saraf normal thalamus tikus.

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ABSTRACT

Regular aerobic exercise is beneficial for certain brain structures and functions because it can improve blood perfusion increase neurogenesis improve cognition and memory When it is stopped detrain these benefits will be lost The object of this study is to determine the effect of aerobic exercise and detrain on the number of normal neuron of thalamus which is a major relay station for sensory and motor impulses between brain areas This study was done experimentally on animal by counting the number of normal thalamus neuron in three groups of mice training detraining and control The results showed that there was an increase number of normal neuron of thalamus in group training 73 compared with group control 59 and then decreased in group detraining However ANOVA test results indicated no difference either $p > 0,266$ $p > 0,05$ It was concluded that aerobic exercise and detrain have no significant effect on the number of normal neuron of thalamus mice , Regular aerobic exercise is beneficial for certain brain structures and functions because it can improve blood perfusion increase neurogenesis improve cognition and memory When it is stopped detrain these benefits will be lost The object of this study is to determine the effect of aerobic exercise and detrain on the number of normal neuron of thalamus which is a major relay station for sensory and motor impulses between brain areas This study was done experimentally on animal by counting the number of normal thalamus neuron in three groups of mice training detraining and control The results showed that there was an increase number of normal neuron of thalamus in group training 73 compared with group control 59 and then decreased in group detraining However ANOVA test results indicated no difference either $p > 0,266$ $p > 0,05$ It was concluded that aerobic exercise and detrain have no significant effect on the number of normal neuron of thalamus mice]