

Paparan kombinasi environmental enrichment kontinyu dan latihan aerobik terhadap fungsi memori spasial: tinjauan BDNF dan NGF hipokampus tikus = Exposure of continuous environmental enrichment and aerobic exercise on spatial memory function: focus on rat hippocampal BDNF and NGF

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Abstrak

Memori merupakan fungsi kognisi yang sangat penting pada manusia. Latihan fisik dan paparan environmental enrichment EE memiliki pengaruh positif terhadap fungsi memori melalui peningkatan neurogenesis dan LTP. Penelitian ini ingin mengetahui perbedaan pengaruh latihan fisik aerobik, paparan EE, dan kombinasi latihan fisik aerobik dengan EE, terhadap fungsi memori tikus. Dua puluh empat tikus Wistar jantan usia 7 bulan diberikan perlakuan selama 8 minggu. Fungsi memori diuji menggunakan perangkat forced alternation Y-maze dengan parameter persentase perbandingan waktu di novel arm dan forced alternation. Fungsi memori juga ditinjau berdasarkan ekspresi protein BDNF dan NGF hipokampus tikus. Hasil penelitian menunjukkan bahwa kadar BDNF dan NGF hipokampus paling tinggi p.

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Memory is an important cognitive function in humans. Exercise and environmental enrichment EE exposure have positive effects on memory function via improved neurogenesis and LTP. This study aimed to analyze the effect of aerobic exercise, EE exposure, and combination of aerobic exercise and EE on memory function. This study used twenty four 7 month old male Wistar rats that were given treatment for 8 weeks. Memory function was tested using forced alternation Y maze, with the measure parameters are percentage of time in novel arm and forced alternation. Memory function was also correlated with the expression of BDNF and NGF proteins in hippocampus. The results showed the highest level of hippocampal BDNF and NGF p.