

PENGARUH PEMBERIAN *MORINGA OLEIFERA* DAN *ENDURANCE TRAINING* TERHADAP INFLAMASI OTOT PADA TIKUS WISTAR

TESIS

diajukan untuk memenuhi salah satu syarat mendapatkan gelar
magister pendidikan



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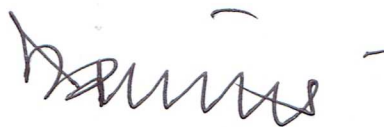
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Pengaruh Pemberian *Moringa Oleifera* dan *Endurance Training* Terhadap Inflamasi Otot Pada Tikus Wistar

ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh pemberian moringa oleifera dan endurance training terhadap inflamasi otot pada tikus wistar. Metode penelitian adalah *True Eksperimental* dengan desain *The Randomize Posttest-Only Control Group Design*. Populasi pada penelitian ini adalah tikus wistar jantan dengan jumlah 16 ekor, dengan Teknik sampling yang digunakan adalah total sampling. Instrumen yang digunakan dalam penelitian ini adalah *western blot* untuk melihat ekspresi protein pro-inflamasi IL6 dan TNF- α . Berdasarkan hasil penelitian yang telah dilakukan, terdapat pengaruh yang signifikan pemberian *Moringa oleifera* terhadap Interleukin 6 dan Tnf- α pada hewan coba tikus galur wistar. Selanjutnya terdapat pengaruh yang signifikan endurance training terhadap Interleukin 6 dan Tnf- α pada hewan coba tikus galur wistar. Untuk indikasi selanjutnya, terdapat pengaruh kombinasi *Moringa oleifera* dan endurance training terhadap Interleukin 6 dan Tnf- α pada hewan coba tikus galur wistar.

Kata Kunci : *endurance training*, inflamasi, , il-6, *moringa oleifera*, tikus wistar, tnf- α .

Effect of Moringa Oleifera and Endurance Training on Muscle Inflammation in Wistar Rats

ABSTRACT

This study aims to determine the effect of giving moringa oleifera and resistance training on muscle inflammation in wistar rats. The research method is True Experimental with The Randomize Posttest-Only Control Group Design. The population in this study were 16 male wistar rats, with the sampling technique used was total sampling. The instrument used in this study was western blot to see the expression of pro-inflammatory proteins IL6 and TNF-. Based on the results of the research that has been carried out, there is a significant effect of giving Moringa oleifera on Interleukin 6 and Tnf- α in experimental animals of wistar strain rats. Furthermore, there was a significant effect of endurance training on Interleukin 6 and Tnf- α in experimental animals of wistar strain rats. For further indications, there is the effect of the combination of Moringa oleifera and resistance training against Interleukin 6 and Tnf- α in experimental animals of wistar strain rats.

Keywords: endurance training, inflammation, IL-6, moringa oleifera, wistar rat, tnf- α .

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