

**PROCEEDING
EVIDENCE BASED PRACTICE AND
INTERPROFESSIONAL COLLABORATION FOR
THE SHIFT TO SDG's**

**INTERNATIONAL CONFERENCE
ON HEALTH (ICH)**



**JOINTLY ORGANIZED BY POLTEKKES KEMENKES
BENGKULU, STIKES &AKBID DEHASEN AND
AKKES SAPTA BHAKTI**



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**EVIDENCE BASED PRACTICE AND INTERPROFESSIONAL
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Organized by :

**HEALTH POLYTECHNIC OF HEALTH MINISTRY BENGKULU
INSTITUTE OF HEALTH SCIENCE OF DEHASEN BENGKULU
ACADEMY OF MIDWIFERY OF DEHASEN BENGKULU
ACADEMY OF HEALTH SCIENCE SAPTA BAKTI BENGKULU**

AND

**ARELLANO UNIVERSITY, EMILIO AGUINALDO UNIVERSITY, ST.DOMINIC
UNIVERSITY, MAHIDOL TAILAND UNIVERSITY DAN INDONESIAN
UNIVERSITY**

Date : Tuesday to Thursday , 19 - 21 August 2014
Vanue : Auditorium Of PoltekkesKemenkes Bengkulu
Jalan Indragiri No. 3 padangharapan Bengkulu 38225
Wesite : <http://poltekkes-kemenkes-bengkulu.ac.id>
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ROOM 2
Child and Maternal Health and Nursing

Concurrent Session 1 Wednesday / Agustus 20, 2014 13.00 - 14.30		Concurrent Session 2 Wednesday / Agustus 20, 2014 14.30 - 16.00	
1	Radlyu <i>THE REALTIONSHIP HEIGHT MOTHER WITH TYPE OF BIRTH AT MIDWIVES ROOM RS BHAYANGKARA POLDA BENGKULU.</i>	1	Titin Suhertati <i>RELATIONSHIP MOTHER KNOWLEDGE ABOUT POST PARTUM LACTATION BREASTFEEDING WITH PATTERN NEWBORN IN BENGKULU POLICE HOSPITALS IN 2011</i>
2	Rita Zahara <i>FACTORS ASSOCIATED WITH EXCLUSIVE BREASTFEEDING INFANTS CHILDREN AT POLYCLINIC HOSPITAL. BHAYANGKARA CITRA BENGKULU POLICE IN 2011.</i>	2	Abdul Gafar <i>EVALUATION OF SMOKE-FREE POLICY IMPLEMENTATION IN PADANG PANJANG CITY WEST SUMATERA</i>
3	Sri Welvi <i>KNOWLEDGE HUHUNGAN MOTHERS WITH EARLY MOBILIZATION AFTER SEKSIO CESARIA AT HOME PAIN BHAYANGKARA BENGKULU IN 2011</i>	3	Affia Tusholeha <i>CORRELATION BETWEEN GROUP ACTIFITY THERAPY TO SELF ESTEEM ELDERLY</i>
4	Evi Desfaufa <i>COUNSELLING INFLUENCE BEHAVIOR CHANGE IN ELECTION CANDIDATE ACCEPTORS CONTRACEPTION IUD AT MEDAN TUNTUNGAN CLINIC WORKING AREA IN 2012</i>	4	Sri Wahyuni <i>KNOWLEDGE HUHUNGAN MOTHERS WITH EARLY MOBILIZATION AFTER SEKSIO CESARIA AT HOME PAIN BHAYANGKARA BENGKULU IN 2011</i>
5	Murlyati <i>ANALYSIS OF DETERMINANT FACTORS RELATED TO THE SELECTION OF BIRTH ATTENDANTS IN HERLANG HEALTH CARE CENTRE, HERLANG DISTRICT, BULUKUMBA CITY</i>	5	Ayu Anggraini <i>THE ROLE OF THE FAMILY RELATIONSHIPS FOLLOWING GYMNASTICS AGAINST ELDERLY MOTIVATION IN PUSKESMAS BANGUN JAYA IN 2014</i>
6	Oktarini Mayasari/ Diah Eka <i>THE COMPARISON OF WOUND HEALING OF SECTIO SECAREA BETWEEN REGULAR AND IRREGULAR EARLY MOBILIZATION IN dr.M. YUNUS BENGKULU HOSPITAL.</i>	6	Guanedi <i>QUALITATIVE ANALYSIS OF HEALTH SERVICES QUALITY IN REDUCING MATERNAL DEATH IN REMOTE AREA: CASE STUDY AT BATU BAJANJANG COVERAGE AREA, SOLOK DISTRICT WEST SUMATERA PROVINCE</i>

EFFECTS OF AEROBIC EXERCISE ON TRIGLYCERIDES CHOLESTEROL, HDL, LDL AND LIPID COMPOSITION IN OVERWEIGHT INDIVIDUALS

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(*STIKES PANRITA HUSADA BULUKUMBA)

ABSTRACT

Background: Obesity is caused by an imbalance in the consumption of calories compared to expenditures. Calories derived from food, while expenditure through activity and exercise. Most of the calories (60-70%) used by the body for basic activities, such as breathing, heart beat and the basic functions of the cell. The magnitude of this basic caloric needs are determined by genetic or hereditary. However, physical activity and exercise can increase the amount of caloric expenditure. So this caloric imbalance can be determined by heredity but triggered by lifestyle and environment. Relaxed living habits, lazy move, always being assisted by others and over eating will improve food intake and decrease caloric expenditure.

Objective: This research aimed to determine the effects of aerobic exercise on triglycerides cholesterol, HDL, LDL and lipid composition in overweight individuals.

Method: This research was a pre-experimental study, with one-group pre-post test design. In this research selected a group of subjects or experimental units. Before being given treatment, the writer applied measurement (pre-test) and then given treatment and at the end of the activity, measurements were taken again (post-test).

Result: This research suggested that the weight before exercise was increased and decreased after it, but the total cholesterol still visible. With the percentage change in body weight of 4.40% with a value of $P = 0.41$, BMI (body mass index) of 5.12% with a value of $P = 0.00$, UAC (upper arm circumference) of 4.44% with a value of $P = 0, 00$, WC (waist circumference) of 4.04% with a value of $P = 0.00$, 12.74% fat thickness with a P value of 0.00 and a total cholesterol of 0.16% with a P value of 0.95. Total cholesterol levels before aerobic exercise showed that some respondents had a normal TC and others more than normal, whereas the composition of the fat before aerobic exercise also showed that some respondents had normal and abnormal fat composition. Lipid profile levels after aerobic exercise showed no changes, while in lipid composition showed changes after aerobic exercise. There is no influence of the lipid profile levels before and after aerobic exercise, because the lipid profile of total cholesterol is the sum of all lipoprotein cholesterol carrier, so that changes or variation in blood lipid components will not affect total cholesterol levels, it may also be caused by respondents diet and exercise period. While for the composition of fat, aerobic exercise is very influential.

Conclusion: Regular aerobic exercise and long periods of time can increase HDL cholesterol, lower the LDL, triglycerides and total cholesterol in order to prevent the accumulation of fat in the blood vessels that lead to atherosclerosis which causes coronary heart disease.

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