

**SIPS** | SURABAYA  
**2017** | INTERNATIONAL  
PHYSIOLOGY  
SEMINAR

# PROCEEDINGS OF THE SURABAYA INTERNATIONAL PHYSIOLOGY SEMINAR

Surabaya, October 12-14, 2017

**Editors:**

Soetjipto  
Muhammad Miftahussurur  
Ferry Efendi  
Purwo Sri Rejeki  
Bambang Purwanto



# SIPS 2017

Proceedings of the  
Surabaya International Physiology Seminar

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## **BRIEF CONTENTS**

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INVITED SPEAKERS .....	IV
ORGANIZING COMMITTEES .....	V
FOREWORD .....	VII
CONTENTS .....	XI

## INVITED SPEAKERS

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University of Malaya  
Malaysia

**Daniel John Green**  
University of Western Australia  
Australia

**Fadzil Hamzah**  
Sport Center of Changi General Hospital  
Singapore

**Deanne Helena Skelly**  
Griffith University  
Australia

# ORGANIZING COMMITTEES

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Fadzil Hamzah, Changi Sports Medicine Centre, Changi General Hospital, Singapore

Deanne Helena Skelly, University of Western Australia, Australia

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Eka Arum Cahyaning Putri, Universitas Airlangga, Indonesia

Misbakhul Munir, Universitas Airlangga, Indonesia

## FOREWORD

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### Dean of Faculty of Medicine, Universitas Airlangga

Assalamu'alaikum Wr. Wb.

Distinguished Guests, all the Participants, Ladies and Gentlemen

On behalf of Faculty of Medicine, Universitas Airlangga, it is my great pleasure to welcome all the speakers, moderators, and participants on **Surabaya International Physiology Seminar 2017 (SIPS 2017)**, which will be held from today, October 12th until October 14th, 2017. I would like to express my hearty welcome to all the international speakers, **Prof. Cheng Hwee Ming**, from University of Malaya, Malaysia; **Prof. Daniel John Green**, from University of Western Australia; **Dr. Fadzil Hamzah**, from Sport Center of Changi General Hospital, Singapore and **Dr. Deanne Helena Skelly**, from Griffith University, Australia.

The aim of SIPS 2017 is to provide a platform for academicians, educators, researchers, practitioners, undergraduate and postgraduate students to share and discuss the knowledge of the recent issues, opinions, researchers about the development and innovation of physiology in medical science, dentistry, veterinary, plants and agriculture, sports and sciences.

I believe this event is a great purpose in order to develop knowledge, experiences and best practices that can be applied for the good, especially in the field of healthcare as a whole.

Finally, I would like to express my sincere acknowledgements to those who take part and especially for Department of Medical Physiology, Faculty of Medicine, Universitas Airlangga for their effort in holding this event and wishing all to have success.

Wassalamu'alaikum Wr. Wb.

**Prof. Dr. Soetojo, MD.**

Faculty of Medicine, Universitas Airlangga

**Chair of Committee / Head of Physiology Department, Faculty of Medicine, Universitas Airlangga**

Assalamu 'alaikum Wr. Wb

Greetings,

On behalf of SIPS committee and Physiology Department, Universitas Airlangga, we are welcoming to Surabaya, City of Heroes.

This year, the annual meeting of Indonesian Physiology Society (IAIFI) is hosted at Surabaya, entitled "**Surabaya International Physiology Seminar Workshop (SIPS)**". We present some update workshop and lectures in order to bring physiology research from basic to clinical application on humanities, animal welfare and good environment. All participants have opportunities to publish their research in presentation, poster and ISBN proceeding. Selected papers will be submitted to SCOPUS indexed proceeding/ journal and awarded as Best Poster and Best Oral Presentation.

We hope that all participants will get some interesting experiences for next 3 days, 12-14 October 2017. Enjoy our lectures and workshops, taste the culinary and take your time to sightseeing around Surabaya.

Wassalamu 'alaikum wr. wb.

**Dr. Bambang Purwanto**

Chairman of Committee / Head of Physiology Department  
Faculty of Medicine, Universitas Airlangga



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## **Welcome Address - Surabaya International Physiology Seminar Workshop (SIPS)**

Dear fellow Physiologists and Participants,

On Behalf of the Indonesian Physiological Society (IAIFI) and the Physiology Department Faculty of Medicine Universitas Airlangga, I would like to welcome you all to Surabaya International Physiology Seminar (SIPS), held on 12-14 of October 2017.

Finally after long-awaited Surabaya gets a turn again to host and organize the International Physiology Seminar. Hence the Steering- and Organizing Committee consisting of young energetic physiologists are determined to make the Seminar a successful one. The theme of the seminar is:

### ***"The Role of Physiology in Translation Research: From Basic to Application"***

This annual meeting covers a wide range of topics of Physiology on Medicine, Dentistry, Veterinary, Plants and Agriculture, Sports and Sciences. We sincerely hope that SIPS 2017 enable to provide a platform for academicians, educators, researchers, practitioners and postgraduate students to present and discuss researches, development and innovations in wide range of topics as mentioned above. It will provide all participants to share knowledge, exchange new ideas and their experiences in many research topics, for then it will enhance future collaborations.

With great interest and enthusiasm I look towards the success of this Seminar, and wish all of you every success and a pleasant stay in Surabaya.

May Allah Swt. bestow upon us His Blessings.

On Behalf of the Steering and Organizing Committee Senior Physiologist,  
**Prof. R. Soedarso Djojonegoro**

# CONTENTS

---

## PAPERS

### FULL PAPERS

- The Dominant Personality Type in Vertigo Patients  
*Nanda Rizky FS, Netty Herawati, Nyilo Purnami, Nining Febriyana and Abdurachman* 5
- The Role of Osteocytes in Alveolar Bone During Tooth Movement  
*Agni Febrina Pargaputri1 and Noengki Prameswari* 10
- Body Movement and Islamic Energy Psychology Acupressure to Improve the Future Orientation In A Person With HIV  
*Ambar Sulianti and Fenti Hikmawati* 15
- White Matter Changes in Neurodegenerative and Global Cortical Atrophy Scale Correlation in Older Patients Using Magnetic Resonance Imaging  
*Anggraini Dwi Sensusiaty* 21
- The Influence of Mass Basic Life Support Training on The Skills and Attitude in Undertaking Life Support Using the Method of the Faculty of Medicine, Universitas Airlangga  
*Arie Utariani, Teguh Sylvaranto, April Poerwanto Basoeki, Prananda Surya Airlangga, Windy Ari Wijaya, Soni Sunarso Sulistiawan, Bambang Pujo Semedi, Christrijogo Sumartono, Hamzah, Kohar Hari Santoso, Philia Setiawan and Eddy Rahardjo* 26
- Reflections of a Physiology Teacher  
*Cheng Hwee Ming* 30
- Does Sequential Diabetes Dance Improve on Glucose Level and Glucose Tolerance?  
*Cynthia Wahyu Asrizal and Bambang Purwanto* 33
- Antioxidant Effect of Dayak Onion Extract (*Eleutherine Americana* Merr.) on Serum MDA Levels in Mice (*Mus Musculus*) Exposed by Lead Acetate  
*Daeng Agus Vieya Putri, Gadis Meinar Sari and Tjitra Wardani* 37
- Exercise as Cardiovascular Medicine: Early Detection and Optimal Prevention  
*Danny Green and Raden Argarini* 40
- The Effect of Circadian Rhythm on Hematopoietic Stem Cell Mobilization in Peripheral Blood as a Result of Submaximal Physical Exercise  
*Dhoni Akbar Ghozali, Harjanto and Agung Dwi Wahyu Widodo* 48
- The Effect of Intermittent Fasting Vs Low Calorie Diet to Insuline Like Growth Factor-1 (IGF-1) Concentration, Fat Mass and Lean Mass of *Rattus Norvegicus* Obesity Model  
*Dian Wijayanti, Sunarjati Sudigdo Adi, Achadiyahani, Gaga Irawan Nugraha, Reni Farenia and Adi Santosa Maliki* 53
- Uphill 10° Inclination Angle of Treadmill Concentric Exercises Improves Blood Glucose Levels and Glut-4 Levels in Diabetes Mice Model  
*Dini Surya Noviyanti, Bambang Purwanto and Choesnan Effendi* 56

Variability in The Response to Low Impact Aerobic Exercise in Women Abdominal Obese With the Polymorphism of Uncoupling Protein-1 Gene <i>D Mukhtar, Siagian M, N Ibrahim, Neng Tine, T Ahmad, M Suryaatmadja, SW Jusman, AS Sofro, M Abdullah, S Waspadji and S Sugondo</i>	62
The Effect of an Aluminium Foil Shield on Reducing The Strength of Electromagnetic Radiation of Mobile Phones Reaching the Oculi of Adult Male Rats <i>Dion K. Dharmawan, Viskasari P. Kalanjati and Abdurachman</i>	67
The Effect of Osteocyte Signalling on Osteocyte Apoptosis <i>Dwi Setiani Sumardiko, Purwo Sri Rejeki and Gadis Meinar Sari</i>	72
Intermittent Physical Training Decreases Peak of Blood Glucose Level after Meals in Rats <i>Eka Arum Cahyaning Putri, Raden Argarini, Bambang Purwanto and Lilik Herawati</i>	76
The Effect of Cantaloupe Extract on Sperm Quality of Adult White Rats ( <i>Rattus Novergicus</i> ) Strain Induced by Ciproteron Acetat <i>Elyna Mahruzza Putri, Achadiyani, Sunarjati, Sudigdoadi, Oki Suwarsa and Adi Santosa Maliki</i>	80
Correlation Between Academic Stress, Sleep Quality, Circadian Misalignment, Cortisol Concentration and Heart Rate Value at the First Year Medical Student at the State Islamic University Maulana Malik Ibrahim of Malang <i>Ermin Rachmawati, Muhammad Farid Wafi and Ira Resmi Melani</i>	84
PIGF as Predictor of Preeclampsia Complication <i>Ernawati E, Manggala PS, Khanisyah Erza, Rozi Aditya, Cininta M, MI Aldika Akbar, Budi Wicaksono, Agus Sulistyono, Hermanto TJ, Nadir Abdulah, Erry Gumilar and Adityawarman A</i>	91
Aluminum Foil Shield Diminishes the Electromagnetic Radiation of Mobile Phones in the Cerebellum of Adult Male Rats <i>Etha Rambung, Viskasari P. Kalanjati and Abdurachman</i>	97
Sauropus Androgynus for Increasing Uterine Weight in Menopausal Women: An Experimental Study Using Animal Models <i>Exma Mu'tatal Hikmah and Retno Susilowati</i>	101
Exercise And Swimming in Pregnancy - Physiological Considerations <i>Fadzil Hamzah</i>	106
The Comparison Effect Between Bodyweight and Sprint Interval Exercises Using Tabata Method Towards Heart Rate Frequency, Lactate Blood and Physical Fatigue Perception <i>Fengki Aditiansyah, Elyana Asnar and Choesnan Effendi</i>	112
Detection of COMT <sup>Val158Met</sup> Gene Polymorphism in Chronic Schizophrenic Patients at Psychiatric Unit of DR. Soetomo Hospital Surabaya, East Java, Indonesia <i>Gwenny Ichsan Prabowo, Margarita Maria Maramis, Erikavitri Yulianti, Afrina Zulaikah, Zain Budi Syulthoni, Citrawati Dyah Kencono Wungu, Hendy Muagiri Margono and Retno Handajani</i>	117
Hyperbaric Oxygen (HBO) Heals Cell Through Reactive Oxygen Species (ROS) <i>Handi Suyono and Guritno Suryokusumo</i>	123
Correlation of Fat Free Mass and Skeletal Muscle Mass with Left Ventricular Mass in Indonesian Elite Wrestlers and Dragon Boat Rowers <i>Henny Tantono, Mohammad Rizki Akbar, Badai B. Tiksnadi, Triwedya Indra Dewi, Sylvie Sakasmita, Maryam Jamilah, Daniel Womsiwor, Ambrosius Purba, Augustine Purnomowati and Toni Mustahsani Aprami</i>	128

Decrease of Homocysteine Plasma Degree in Smokers by Low Intensity Weight Training and Supplementation of Folic Acid and Cyanocobalamin <i>HS Muhammad Nurfatony, Damayanti Tinduh and Tjitra Wardhani</i>	133
The Role of Physiology in Ergonomics - Empowerment Human Resources for Nations Competitiveness <i>I Putu Gede Adiatmika</i>	137
Influence of Use of Insole on Blood Glucose Rate Diabetes Mellitus Type-2 <i>Ignatius Heri Dwianto, Bambang Purwanto and Sony Wibisono</i>	143
The Profile of Endothelin-1 (Et-1), Receptor ET <sub>A</sub> , And Receptor ET <sub>B</sub> in Young and Adult Obese Wistar Rat <i>Irfan Idris, Aryadi Arsyad, A. Wardihan Sinrang and Syarifuddin Alwi</i>	147
Characteristics of Glucose Tolerance, Energy Expenditure, Lactic Acid Level, and Oxygen Saturation in Indonesian Diabetes Dance Version 6 <i>Irfiansyah Irwadi and Bambang Purwanto</i>	151
The Effect of Aluminium Foil Shielding in Hampering Electromagnetic Radiation Emitted from A Mobile Phone as an Oxidative Stressor in The Cerebra of Adult Male Rats <i>Irmawan Farindra, Viskasari P. Kalanjati and Ni Wajan Tirthaningsih</i>	154
Effect of Exercise on Learning Capability and Memory of Mice ( <i>Mus Musculus</i> ) Exposed to Monosodium Glutamate (MSG) <i>Husnur Rofiqoh, Kristanti Wanito Wigati and Suhartati</i>	159
Low, Moderate, and High Intensity Swimming Exercise Has No Negative Effect on Semen Analysis Test in Male Wistar Rats <i>Kristanti Wanito Wigati, Sundari Indah Wiyasihati and Misbakhul Munir</i>	165
High-Calorie Diet Reduces Neuroglia Count <i>Nilam Anggraeni, Kristanti Wanito Wigati, I Lukitra Wardani and Lilik Herawati</i>	169
Three Weeks of High-Intensity Interval Training (HIIT) Decreases Visfatin Level on Overweight Men <i>Amal A. Hidayat, Mohammad Budiarto and Lilik Herawati</i>	174
VO <sub>2</sub> MAX of Ergocycle Astrand Test Differs from 12-Minutes Cooper Running Test on Medical Students' Physical Fitness Level <i>Bella Anggi Afisha, Atika and Lilik Herawati</i>	178
Non-Invasive Method on Slow-Twitch Quadriceps Muscle Fibers Dominate a High Level of Fitness <i>Yuannita Ika Putri, Andre Triadi Desnantyo and Lilik Herawati</i>	182
Genotype Hepatitis B Virus Among Intravenous Drug Users with Occult Hepatitis B Infection in Surabaya, Indonesia <i>Lina Lukitasari, Lilik Herawati, Edhi Rianto, Indri Safitri, Retno Handajani and Soetjpto</i>	186
Anopheles Vagus Larval Midgut Damage as an Effect of Areca Catechu L. Seed Extract <i>Majematang Mading, Yeni Puji Lestari, Etik Ainun Rohmah, Budi Utomo, Heny Arwati and Subagyo Yotopranoto</i>	192
The Effect of Mozart's Music on <i>Mus Musculus</i> Balb/C Spermatozoa's Quantity and Motility Exposed by Lead Acetate <i>Maria Selviana Joni, Paulus Liben and Hermanto Tri Joewono</i>	198

The Lactid Acid's Decrease After Submaximal Exercise Due to Zamzam Water Treatment Compared the Packed Water <i>Moh. Tomy Yusep, Elyana Asnar STP and Harlina</i>	201
The Correlation of Lung Vital Capacity, VO <sub>2</sub> Max, and Heart Rate Recovery With Changes in Blood Lactate Levels in Young Male: Cross Sectional Study in Provoked By Repeated Sprint Sessional-3 <i>Mustofa, Susiana Candrawati, Khusnul Muflikhah, Tiara Dwivantari, Rahardita Alidris and Dessy Dwi Zahrina</i>	204
Fgf 21 Secretion as Acute Response to Exercise in High Fat Diet Fed Rats <i>Nafi'ah, Imelda Rosalyn Sianipar, Nurul Paramita, Rabia and Neng Tine Kartinah</i>	208
The Miracle of <i>Stichopus Hermanii</i> <i>Noengki Prameswari</i>	212
Effect of Chemical Exposure on Endocrine System Disorder (Article Review) <i>Nurul Mahmudati and Husamah</i>	220
The Effect of Acute Exercise of Basic Breathing Motion on Breathing Skills Retention in Swimming <i>Okky Sinta Dewanti and Choesnan Effendi</i>	226
Correlation Between Body Mass Index and Medial Longitudinal Arch of The Foot in Children Aged 5–6 Years <i>Purwo Sri Rejeki, Irfiansyah Irwadi, Widiarti and Misbakhul Munir</i>	230
Correlation Between Agility and Flat Feet in Children 5–6 Years Old <i>Anita Faradilla Rahim, Miftahul Nur Amaliyah, Irfiansyah Irwadi and Purwo Sri Rejeki</i>	234
Correlation Between Hand Grip and Achievement in Indonesian Female Floorball Athletes <i>Loren Fibrilia Perangin-angin, Siti Maesaroh, Irfiansyah Irwadi and Purwo Sri Rejeki</i>	238
Maternal Anthropometrics as a Predictor of Preeclampsia Risk Factor <i>Putri Wulan Akbar, Florentina Sustini, Hermanto Tri Juwono and Handayani</i>	241
Correlation Between Activity Level and Circadian Rhythmicity of Medical Students (Class Of 2014) at the Faculty of Medicine, Airlangga University <i>Qurrota Ayuni Novia Putri, Irfiansyah Irwadi, Agustina Salinding and Sundari Indah Wiyasihati</i>	244
Exercise Formula to Induce Beiging Process: A Study Based on Acute Response of Irisin <i>Rabia, Neng Tine Kartinah, Nurul Paramita, Nafi'ah and Imelda Rosalyn Sianipar</i>	248
Effects of the 6th Series of Senam Diabetes Indonesia on Energy Expenditure <i>Riza Pahlawi, Harjanto JM and Dwikora Novembri Utomo</i>	252
The Difference of B-Endorfin Level in Brain Tissue and Testicular Tissue on Wistar Rats Given Once a Week Aerobic and Anaerobic Exercise <i>Rostika Flora, Lisna Ferta Sari, Muhammad Zulkarnain and Sukirno</i>	256
The Effectiveness of Ultrasound-Guided Injection for Pain Management in Indonesia <i>Soni Sunarso Sulistiawan, Dedi Susila, Belindo Wirabuana, Herdiani Sulilstyo Putri, Yusufa Fil Ardy, Ferdian Rizaliansyah, Noryanto Ikhromi, Bambang Pujo Semedi, Arie Utariani, Hamzah and Nancy Margarita Rehatta</i>	261
Effects of Moderate Intensity Aerobic Exercise on MMP-9 Level, NOx Plasma Level and Resting Blood Pressure in Sedentary Elderly Women With Overweight <i>Suhartini SM, Gusbakti R and Ilyas EII</i>	265

Correlation Between Oxidative Stress Level with Plasma Beta Endorphin Level of Male Laboratory Rats Given Aerobic and Anaerobic Exercise <i>Sukirno, Herlia Elvita, Mohammad Zulkarnain and Rostika Flora</i>	271
Bone Age Estimates the Onset of the Adolescent Growth Spurt Among Male Basketball Players <i>Sundari Indah Wiyasihati, Bambang Purwanto and Agus Hariyanto</i>	277
The Correlation Between Haemoglobine and Body Mass Index With The Changes of Blood Lactate Levels in University of Jenderal Soedirman's Medical Students - A Study at Repeated Sprint Sessional 3 <i>Susiana Candrawati, Wiwiek Fatchurohmah, Ahmad Agus Faisal and Hana Khairunnisa</i>	280
Laughter Therapy Lowers Blood Pressure and Heart Rate in Hypertensive Balinese Patients at Ambarashram Ubud Bali <i>Suyasning HI and Adi Pratama Putra P</i>	284
The Different Effects of Contrast Water Immersion and Warm Water Immersion on Blood Lactic Acid Levels After Submaximal Physical Activity Among Basketball Athletes <i>Taufan Reza Putra, Elyana Asnar STP and Dwikora Novembri</i>	288
Diabetes Sprague-Dawley Model Induced With Fat Diet And Streptozotocin <i>Thressia Hendrawan, Nurul Paramita, Dewi Irawati and Ani Retno Prijanti</i>	292
The Difference of Heart Rate and Blood Pressure in Aerobic and Anaerobic Predominant Athlete Koni West Java Year 2016 <i>Titing Nurhayati, Hafiz Aziz and Nova Sylviana</i>	294
Effect of Exhaustive Exercise on Blood Lymphocyte Count and Diameter of Splenic White Pulp in Rats <i>Tri Hartini Yulawati, Dewi Ratna Sari, Rimbun, Atika, Iskantijah and Ari Gunawan</i>	298
The Use of Purple Sweet Potato ( <i>Ipomoea Batatas L.</i> ) to Decrease Levels of Mda and Recover Muscle Damage <i>Utami Sasmita Lestari, Elyana Asnar and Suhartati Soewono</i>	304
Risk Factors of Low Back Pain Among Tailors in Kramat Jati, East Jakarta <i>Vivi Anisa Putri, Leli Hesti and Nurfitri Bustamam</i>	310
The Correlation of Norovirus Infection to Severity Degree of Acute Diarrhea in Children Under Five Years Old in Mataram City, Lombok <i>Warda Elmaida, Juniastuti and Soetjipto</i>	316
Malaria Prevalence in Alor District, East Nusa Tenggara, Indonesia <i>Yeni Puji Lestari, Majematang Mading, Fitriah, Avia Putriati Martha, Didik Muhammad Muhdi, Juniorsih, Zainal Ilyas Nampira, Sukmawati Basuki and Florentina Sustini</i>	321
The Potential Role of 25-Hydroxycholecalciferol on Calcium Regulation in Young Sedentary Women With Goat's Milk Intervention <i>Yusni</i>	326
Hemoglobin A1C as the Strongest Influencing Factor in relation to Vascular Stiffness in Type 2 Diabetes Mellitus - Metabolic Syndrome Patients <i>Deasy Ardiany, Soebagijo Adi, Ari Sutjahjo and Askandar Tjokroprawiro</i>	331
Thyroid Crisis and Hyperosmolar Hyperglycemic State in a Hyperthyroid Patient <i>Yudith Annisa Ayu Reskitha, Rio Wironegoro, Hermawan Susanto, Soebagijo Adi and Ari Sutjahjo</i>	336

Effect of Growth Hormone Deficiency on the Cardiovascular System <i>Irma Magfirah, Soebagijo Adi Soelistijo, Hermina Novida and Deasy Ardiany</i>	342
Metformin, Effects Beyond Glycemic Control <i>Soebagijo Adi Soelistijo and Askandar Tjokroprawiro</i>	349
The Correlation of Initial CD4 Cell Count with Increased Alanine Aminotransferase in Patients with Human Immunodeficiency Virus Who Have Received Nevirapine <i>Abdur Rokhim, Usman Hadi and Erwin Astha Triyono</i>	356
Profile of Bacteraemia and Fungemia in HIV/AIDS Patients with Sepsis <i>Sajuni Widjaja, Erwin Astha Triyono and Arthur Pohan Kawilarang</i>	363
The Association between Cryptococcal Antigenemia and CD4+ T lymphocyte Count in HIV/AIDS Patients with Suspected Cryptococcus Infection <i>Sajuni Widjaja, Erwin Astha Triyono and Arthur Pohan Kawilarang</i>	370
Impact of Music on Sport Intensity (Allegro) and on Levels of Left Ventricular Myocardial Damage in Wistar Rats <i>Faris Pamungkas Wicaksono, Sugiharto, Rias Gesang Kinanti, Paulus Liben, Suhartono Taat Putra and Purwo Sri Rejeki</i>	378
Association of Topical Capsaicin Exposure Dosage and Its Influence on Macrophages and Neutrophils in Periodontal Tissue <i>Ratna Mustriana, Haryono Utomo and Purwo Sri Rejeki</i>	383
Pharmacological Therapy of Portal Hypertension <i>Mukhammad Burhanudin, Iswan Abbas Nusi, Poernomo Boedi Setiawan, Herry Purbayu, Titong Sugihartono, Umni Maimunah, Ulfa Kholili, Budi Widodo, Muhammad Miftahussurur, Husin Thamrin and Amie Vidyani</i>	389
Chronic Constipation Management in Adults <i>Erliza Faimawati, Iswan Abbas Nusi, Poernomo Boedi Setiawan, Herry Purbayu, Titong Sugihartono, Umni Maimunah, Ulfa Kholili, Budi Widodo, Husin Thamrin, Amie Vidyani and Muhammad Miftahussurur</i>	397
Diagnosis and Management of Ulcerative Colitis <i>Rendy Revandana Bramantya, Iswan Abbas Nusi, Poernomo Boedi Setiawan, Herry Purbayu, Titong Sugihartono, Umni Maimunah, Ulfa Kholili, Budi Widodo, Amie Vidyani, Muhammad Miftahussurur and Husin Thamrin</i>	405
The Diagnosis and Management of Achlorhydria <i>Dicky Febrianto, Iswan Abbas Nusi, Poernomo Boedi Setiawan, Herry Purbayu, Titong Sugihartono, Umni Maimunah, Ulfa Kholili, Budi Widodo, Amie Vidyani, Muhammad Miftahussurur and Husin Thamrin</i>	413
Acute Liver Failure <i>Troy Fonda, Iswan Abbas Nusi, Poernomo Boedi Setiawan, Herry Purbayu, Titong Sugihartono, Umni Maimunah, Ulfa Kholili, Budi Widodo, Husin Thamrin, Amie Vidyani and Muhammad Miftahussurur</i>	421
Transient Elastography as Non-Invasive Examination of Hepatic Fibrosis <i>Satyadi, Iswan Abbas Nusi, Poernomo Boedi Setiawan, Herry Purbayu, Titong Sugihartono, Umni Maimunah, Ulfa Kholili, Budi Widodo, Amie Vidyani, Muhammad Miftahussurur and Husin Thamrin</i>	426

Termination of Antiviral Administration in Chronic Hepatitis B <i>Edward Muliawan Putera, Iswan Abbas Nusi, Poernomo Boedi Setiawan, Herry Purbayu, Titong Sugihartono, Ummi Maimunah, Ulfa Kholili, Budi Widodo, Husin Thamrin, Amie Vidyani and Muhammad Miftahussurur</i>	431
Management for a Patient with Barret's Esophagus: A Case Report <i>Muhammad Miftahussurur, Iswan Abbas Nusi, Poernomo Boedi Setiawan, Herry Purbayu, Titong Sugihartono, Ummi Maimunah, Ulfa Kholili, Budi Widodo, Husin Thamrin and Amie Vidyani</i>	438
Thrombocytopenia in Chronic Hepatitis C <i>Arvi Dian Praselia Nurwidda, Poernomo Boedi Setiawan, Iswan Abbas Nusi, Herry Purbayu, Titong Sugihartono, Ummi Maimunah, Ulfa Kholili, Budi Widodo, Amie Vidyani, Muhammad Miftahussurur and Husin Thamrin</i>	446
Short Bowel Syndrome: Review of Treatment Options <i>Nina Oktavia Marfu'ah, Herry Purbayu, Iswan Abbas Nusi, Poernomo Boedi Setiawan, Titong Sugihartono, Ummi Maimunah, Ulfa Kholili, Budi Widodo, Muhammad Miftahussurur, Husin Thamrin and Amie Vidyani</i>	453
Problematic Diagnosis of a Patient with Tuberculosis Peritonitis <i>Elieza L. Pramugaria, Iswan Abbas Nusi, Poernomo Boedi Setiawan, Herry Purbayu, Titong Sugihartono, Ummi Maimunah, Ulfa Kholili, Budi Widodo, Husin Thamrin, Amie Vidyani and Muhammad Miftahussurur</i>	462
Pathophysiology of Irritable Bowel Syndrome <i>Rastita Widiasari, Iswan Abbas Nusi, Poernomo Boedi Setiawan, Herry Purbayu, Titong Sugihartono, Ummi Maimunah, Ulfa Kholili, Budi Widodo, Husin Thamrin, Amie Vidyani and Muhammad Miftahussurur</i>	470
Recent Pathophysiology and Therapy for Paralytic Ileus <i>I Putu Surya Pridanta, Ulfa Kholili, Iswan Abbas Nusi, Poernomo Boedi Setiawan, Herry Purbayu, Titong Sugihartono, Ummi Maimunah, Budi Widodo, Amie Vidyani, Muhammad Miftahussurur and Husin Thamrin</i>	477
A Case Report of a Patient with a Rare and Aggressive Plasma Cell Leukemia <i>Ugroseno Yudho Bintoro, Putu Niken Amrita, Raharjo Budiono, Made Putra Sadana and Ami Ashariati</i>	482
Decreased Triglyceride and Protein Levels in Diabetic Rat Muscle Following Physical Exercise <i>Susi Anggawati, Bambang Purwanto and Sutji Kuswarini</i>	487
Abnormal Uterine Bleeding with Three Different Doses and Intervals of Hormonal Contraceptive Injection <i>Ananda Febina Kimresti A, Ashon Sa'adi, Lilik Djuari and Maftuhah Rochmanti</i>	491
Hypertrophic Scars Cause Burn Injuries Assessed by the Vancouver Scar Scale <i>Ardea Ramadhanti Perdanakusuma, Iswinarno Doso Saputro and Diah Mira Indramaya</i>	497
Description of Body Mass Index Changes in Emergency Patients at the Intensive Observation Room–Emergency Installation <i>Galang Damariski Lusandi, Prananda Surya Airlangga and Ariandi Setiawan</i>	501
Laboratory Profile of Acute Diarrhea and Chronic Diarrhea in Children <i>Mochammad Nasrulloh, Alpha Fardah Athiyyah and Arifoel Hajat</i>	505



Effect of Ethanol Extract of <i>Ruellia tuberosa</i> L. Leaves on Total Cholesterol Levels in Hypercholesterolemia Model of <i>Mus Musculus</i> L <i>Nurin Kusuma Dewi, Siti Khaerunnisa and Danti Nur Indriastuti</i>	512
Combination of Aerobic and Resistance Exercise in Lowering Blood Glucose Levels Compared to Aerobic or Resistance Exercises in a Male Wistar Rat Model with Diabetes Mellitus <i>Sahrul Latif, Dwikora Novembri Utomo and Purwo Sri Rejeki</i>	517
AUTHOR INDEX	523

# The Difference of *B-Endorfin* Level in Brain Tissue and Testicular Tissue on Wistar Rats Given Once a Week Aerobic and Anaerobic Exercise

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Keywords: Brain, Endorphin, Physical Exercise, Testes.

Abstract: Physical exercise could increase the levels of *β-endorphin*. *β-endorphin* was not only secreted in brain but also in testicular. However, it was still unidentified whether physical once a week exercise affected the secretion of *β-endorphin* in the brain tissue and testicular. This study aimed to analyze the different levels of *β-endorphin* in brain tissue and testicular tissue of Wistar rats given once a week aerobic and anaerobic exercises. This study was an experimental laboratory research with Post Test Control Group Design, using 27 male Wistar rats divided into a control group, once a week aerobic and anaerobic. Aerobic exercise performed once a week at a speed of 20m/min for 30 minutes, while the anaerobic exercise performed once a week in 35m/min for 20 minutes at 1 minute interval every 5 minutes, using a treadmill for 6 weeks. The endorphin levels of brain and testicular tissue were measured using ELISA kits for Rat Endorphin ELABSIENCE. an increase in the average level of brain tissue's *β-endorphin* in the treatment group occurred compared to the control group (35,01±8,19 pg/ml), aerobic (47,45±6,98 pg/ml) and anaerobic (51,85±5,01 pg/ml). On the other hand, the average level of testicular tissue's *β-endorphin* decreased compared to the control group (77,33 ± 20,64 pg/ml), aerobic (38,93±3,52 pg/ml) and anaerobic (53,35±8,80 pg/ml). In ANOVA test result, p = 0.000 was obtained. there was a significant difference average level of *β-endorphin* in brain and testicular tissue in Wistar rats after being given once a week aerobic and anaerobic exercise.

## 1 INTRODUCTION

During physical exercise, body releases *β-endorphin* providing a great influence on the brain and body. Cunha *et al.*, (2008) said that physical exercise is a major stimulus for endorphins secretion depending on its intensity.<sup>1</sup> The more physical exercise, the higher the levels of *β-endorphin* will be produced. *β-endorphin* that comes out will be captured by receptors in the hypothalamus and limbic system serving to regulate emotions.<sup>2</sup>

When doing physical exercise, the brain will recognize physical exercise as a stressor.<sup>3</sup> Acidosis is a major stimulus release of *β-endorphins* during exercise, since stress and physical exercise can increase the levels of *β-endorphin* 3 to 10 times higher.<sup>5</sup> The results Van Essen (2007) showed that *β-endorphin*, a substance that can improve mood,

which was produced by the hypothalamus and the pituitary gland that plays a role in explaining the effects of exercise for brain.<sup>6</sup> The results of Schwarz & Kindermann(1992) research showed that during physical exercise opioid function could be noticed on *β-endorphin*'s concentration changes depending on the intensity and duration of physical exercise performed.<sup>7</sup>

*β-endorphin* is also generated in testicular tissue. *β-endorphin* produced in the testes would stimulate the interstitial cells in testes and seminiferous, which will result in Leydig cells to affect Sertoli cells size and will change paracrine into a proliferative response in Sertoli cells which will predispose FSH.<sup>8</sup> *β-endorphin* in the testicular tissue works in Sertoli cells, and is suspected to hamper the function of Sertoli cells.<sup>9</sup> The levels of *β-endorphin* will rise significantly during physical exercise, but

testosterone levels will decrease.<sup>10-11</sup> This may occur due to differences in hormonal response that can be caused by the distinctive reactivity of *neuro psikoendokrine* in the body during physical exercise. According to a research conducted by Johnson (1999), the desire for sexual intercourse was increased when we physical exercise regularly. Physical exercise will affect testosterone levels, by affecting the circulation to cause libido.<sup>12</sup>

Several researches on physical exercise and endorphine secretion and the impact of physical exercise to sexual intercourse ability have been conducted. However, researches discussing the release of endorphine during acute physical exercises and its relation to endorphine in testicular tissue are still limited. This research intended to analyze the  $\beta$ -endorphin level differences in brain and testicular tissues on Wistar rats given aerobic and anaerobic once a week.

## 2 METHODS

This study was an experimental laboratory research with Post Test Control Group Design, using 27 male Wistar rats divided into a control group, aerobic and anaerobic. Aerobic exercise performed once a week at a speed of 20m/min for 30 minutes, while the anaerobic exercise performed once a week in 35m / min for 20 minutes at 1 minute interval every 5 minutes, using a *treadmill* for 6 weeks. The rats were acquired from Bio Sains Riset (bioscience research) Palembang animal house. The research were conducted on April to June 2016. This research obtained ethical approval from *komisi etik* (ethical commission) of Medical Faculty Universitas Sriwijaya No.56/kepkrsmhfkunsri/2017, 13 April 2017.

### 2.1 Brain and Testicular Homogenates Production

Brain and testicular homogenates production was adopted from Flora et al (2016) research.<sup>13</sup>

### 2.2 Endorphin Level Parameter Measurement

Brain and testicular endorphin levels were measured with ELISA kit for *Rat Endorphin* from ELABSIENCE.

## 2.3 Data Analysis

Data were analyzed using 16<sup>th</sup> version of SPSS for windows with significant level ( $p < 0,05$ ). In order to find the distinction in average level of endorphin between control group and treatment group, unpaired t-test was performed. Furthermore, to find out the difference endorphin level among control group, aerobic group, and anaerobic group, *one way* ANOVA test was conducted observing the average difference among them.

## 3 RESULTS

### 3.1 Brain Tissue $\beta$ - endorphin Level

To discover the comparison of Wistar rats' brain tissues'  $\beta$ -endorphin average level between aerobic and anaerobic exercise group, unpaired T-test was conducted. There was significant difference ( $p < 0,05$ ) in their  $\beta$ -endorphin average level.

Table 1: The comparison of wistar rats' brain tissues'  $\beta$ -endorphin average level between once a week aerobic and anaerobic exercise group.

Group	N	Mean± SD	p*
		(pg/ml)	
Aerobic Group	9	47,45±6,98	0,00
Anaerobic Group	9	51,85±5,01	

$p^*$  t-test  $p < 0,05$

To discover whether there was a difference of endorphin level among control group, aerobic group, and anaerobic group, ANOVA test was conducted. The result showed that there was an increase of brain  $\beta$ -endorphin average level in treatment group. The average level of beta-endorphin was higher in anaerobic exercise group than was it in aerobic exercise and control group.

Table 2: The comparison of wistar rats' brain tissues'  $\beta$ -endorphin average level among control group, aerobic exercise group and anaerobic exercise group.

Group	n	Mean± SD	p*
		(pg/ml)	
Control Group	9	35,01±8,19	0,00
One-time Aerobic Group	9	47,45±6,98	
One-time Anaerobic Group	9	53,35±8,80	

$p^*$  Anovatest  $p < 0,05$

### 3.2 $\beta$ -endorphin in Testicular Tissue

To determine the average levels of  $\beta$ -endorphin in Wistar rats' testicular tissue between control group and anaerobic exercise group, the unpaired t-test was conducted. There was a significant difference ( $p < 0.05$ ) in the average levels of  $\beta$ -endorphin in Wistar rats' testicular tissue between the aerobic and anaerobic exercise group.

Table 3: The comparison of wistar rats' testicular tissues'  $\beta$ -endorphin average level between once a week aerobic and anaerobic exercise group.

Group	n	Mean $\pm$ SD(pg/ml)	p*
Aerobic	9	38,93 $\pm$ 3,52	
Group			0,00
Anaerobic	9	53,35 $\pm$ 8,80	
Group			

p\* t-test  $p < 0,05$

To determine whether there was a significant distinction of  $\beta$ -endorphin average levels on Wistar rats in testicular tissue among the control group, aerobic exercise group and anaerobic exercise group, ANOVA test was conducted. It was found that there was a decline in the average levels of  $\beta$ -endorphin in the testicular of the treatment group. There was a significant difference ( $p < 0.05$ ) on the average levels of  $\beta$ -endorphin in testicular tissue among the control group, aerobic exercise group and anaerobic exercise group.

Table 4: The comparison of wistar rats' testicular tissues'  $\beta$ -endorphin average level among control group, aerobic exercise group and anaerobic exercise group.

Group	n	Mean $\pm$ SD	p*
		(pg/ml)	
Control Group	9	74,70 $\pm$ 20,85	
One-time Aerobic Group	9	38,93 $\pm$ 3,52	0,00
One-time Anaerobic Group	9	53,35 $\pm$ 8,80	

p\* Anova test  $p < 0,05$

## 4 DISCUSSION

According to this reasearch, increase in the average levels of  $\beta$ -endorphin in the brain tissue was found. This happened because physical exercise was one important factor in enhancing  $\beta$ -endorphin and the impact of physical exercise for the body was not only as a stressor, but also as stimulator; a secreted endorphins simulator.

During physical exercise, the brain would recognize physical exercise as a stressor. Physical exercise then stimulated hypoxia due to the low oxygen content in brain so that the brain sensed that we were in the process to deal with or avoid the stressor.<sup>3</sup> Given a stimulus such as a stressor would activate the HPA axis which would boost the hypothalamus and *Locus Coeruleus* (LC). The hypothalamus would decrease the secretion of *Corticotropin Re-leasing hormone* (CRH) *Adrenocorticotrophic Hormone* so that ACTH decreased and *Pro-opimelanocortin* (POMC) thrilled, which also reduced the production of ACTH and provoked the production of endorphins resulting pleasant feeling, fresh mind, and better emotion.<sup>14</sup>

This study was in line with research conducted by Viru and Tenzegolskis (1995) discussing the relationship between the level of training and  $\beta$ -endorphin concentrations observed in 12 trained individuals and untrained 11 individuals. Moderate-intensity physical exercise did not cause an increase in  $\beta$ -endorphin in the untrained group, while the high-intensity exercise increased levels of  $\beta$ -endorphin in the trained group.<sup>15</sup> Anaerobic exercise had a greater impact on the release of  $\beta$ -endorphin compared to aerobic exercise because the release of endorphins was stimulated by relatively high physical exercise.<sup>16</sup>

The results showed a significant relationship ( $p < 0,05$ ) on the increased levels of  $\beta$ -endorphin in the anaerobic group compared to the aerobic group and controls. This happened because the anaerobic exercise increased levels of  $\beta$ -endorphin related to lactate serum concentration, whereas aerobic exercise only had a smaller effect on the level of  $\beta$ -endorphin. Age and gender also influenced the lower levels of  $\beta$ -endorphin.<sup>16</sup> This result were cohesive with the Goldfarb & Jamurtas (1997) which demonstrated that aerobic and anaerobic exercise could increase levels of  $\beta$ -endorphin. However, The increase was more significant in anaerobic exercise depending on the level of metabolic demand.<sup>17</sup>

The results also showed a decline in the average levels of  $\beta$ -endorphin in testicular tissue. This decrease was due to the reproductive system which was very sensitive to the effects of stressors associated with physical exercise, resulting in hormonal disorders, which were influenced by the type, intensity, duration and frequency of exercise performed. Endorphins could cause an impaired function of the reproductive system and lower the secretion of LH and FSH.<sup>18</sup> During physical exercise, endorphins were known to have a strong

inhibitor properties on the secretion of GnRH. GnRH would directly inhibit the release of LH and prevent the synthesis testosterone to Leydig cells, inducing lower testosterone in plasma.

The results were parallel to a research conducted by Kostic et al (1997) which revealed that CRH and  $\beta$ -endorphins affected the hypothalamic-pituitary-gonad (HPG) by inhibiting the release of GnRH from the hypothalamus. CRH acted directly as an anti-reproductive peptide and  $\beta$ -endorphin served indirectly as an anti-reproduction peptide in the testes, where the two peptides to function as negative regulators of gonadotropin. GnRH would inhibit the release of LH and interrupted the synthesis of testosterone directly to Leydig cells which therefore lowered testosterone in the plasma.<sup>19</sup> According Safanirejad, et.all (2009) when doing physical exercise, ACTH and secretion would intensify and LH levels decreased.<sup>21</sup> After doing physical exercises, corticotropin releasing hormone (CHR) induced the release of ACTH and  $\beta$ -endorphin. The increase of  $\beta$ -endorphin could impede the release of gonadotropin (LH secretion). The reduction of LH secretion might lead to an abatement in testosterone produced by the Leydig cells (Colon, 2007).<sup>22</sup>

The results also indicated that the drop in the average levels of  $\beta$ -endorphin in aerobic and anaerobic exercise group. There was a significant relationship ( $p < 0,05$ ) on the reduction of  $\beta$ -endorphin in aerobic and anaerobic exercise group. This took place since physical exercise

could effect hormones in the reproduction system that might be increased or decreased after an acute or chronic physical exercise.<sup>10</sup> In addition,  $\beta$ -endorphin had regulator effect on reproductive function at the level of the hypothalamus-pituitary axis.<sup>8</sup> From the results of this study it was concluded that aerobic and anaerobic exercise could result in changes to the levels of  $\beta$ -endorphin in the brain and the testes. There were significant differences in the brain ( $p < 0.005$ ) and testes ( $p < 0.005$ ) in terms of average levels of endorphin among wistar rats in aerobic exercise group and anaerobic exercise group.

## 5 CONCLUSION

There was significant distinction on the average level of  $\beta$ -endorphin on wistar rats' brain and testicular tissues after given aerobic and anaerobic treatments once a week for 6 weeks long.

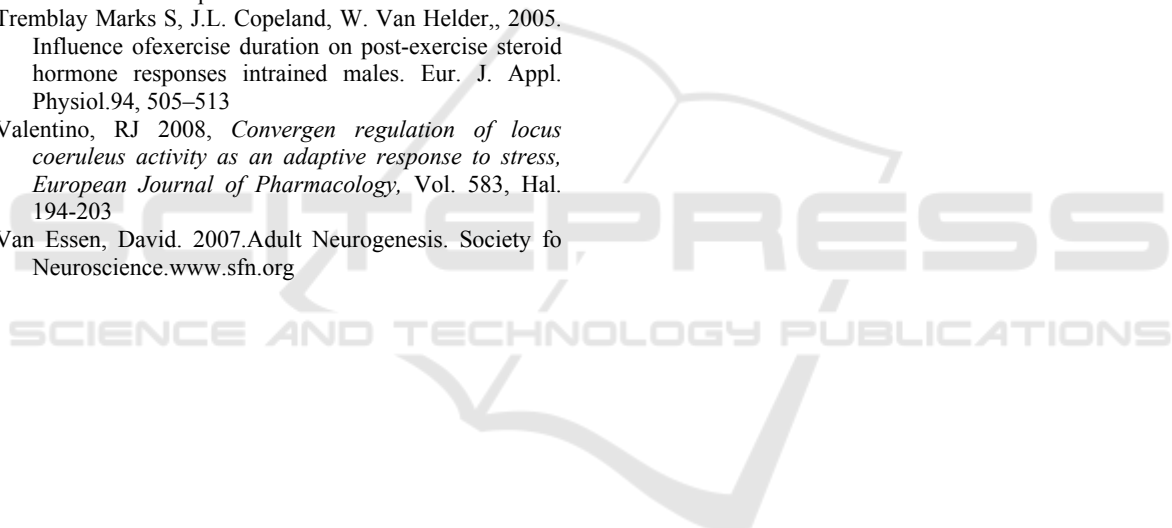
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Rumah Sakit Umum Pusat Mohammad Hoesin dan Fakultas Kedokteran Universitas Sriwijaya  
*Mohammad Hoesin Central General Hospital and Faculty of Medicine Sriwijaya University*

Komisi Etik Penelitian Kesehatan  
*Health Research Review Committee*

SERTIFIKAT PERSETUJUAN ETIK  
*ETHICAL APPROVAL CERTIFICATE*  
No. 56/kepkrsmhfkunsri/2017

Komisi Etik Penelitian Kesehatan Rumah Sakit Umum Pusat Mohammad Hoesin Hospital dan  
*Health Research Review Committee of Mohammad Hoesin Central Hospital and*

Fakultas Kedokteran Universitas Sriwijaya, Palembang, Indonesia,  
*Faculty of Medicine, Sriwijaya University, Palembang Indonesia*

berdasarkan penilaian terhadap proposal penelitian, dengan judul:  
*based on the review on research proposal, entitled:*

Adaptasi Molekuler yang Terjadi di Jaringan Otak Tikus Wistar sebagai Respon terhadap  
Latihan Fisik Aerobik dan Anaerobik

*Molecular Adaptation in the Wistar Rat Brain as a Response of the Physic Aerobic and Anaerobic Exercise*

atas usulan peneliti:  
*proposed by the researcher:*

**Rostika Flora, Moh. Zulkarnain, Sukirno**

dari Bagian Biomedik  
*from the Department of Biomedic*

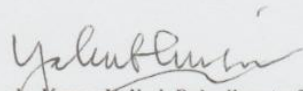
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*referring to National Ethical Guidelines on Health Research and its Supplements*


dengan ini menyatakan bahwa penelitian kesehatan tersebut  
*hereby declares that the proposed health research is*

layak etik; dan disetujui untuk dilaksanakan di lingkungan  
*ethically liable; and is approved to be carried out within*

Rumah Sakit Mohammad Hoesin dan Fakultas Kedokteran Universitas Sriwijaya  
*Mohammad Hoesin General Hospital and Faculty of Medicine Sriwijaya University*

Palembang, 13 April 2017

  
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Ketua Tim Penilai  
*Team Leader of the Reviewer*

  
Prof. dr. Hermansyah, SpPD-KR, FINASIM, CCD  
Ketua Komisi  
*Head of the Committee*

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*by* Rostika Flora

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## 1 INTRODUCTION

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## 3 RESULTS

### 3.1 Brain Tissue $\beta$ - endorphin Level

To discover the comparison of Wistar rats' brain tissues'  $\beta$ -endorphin average level between aerobic and anaerobic exercise group, unpaired T-test was conducted. There was significant difference ( $p < 0,05$ ) in their  $\beta$ -endorphin average level.

Table 1: The comparison of wistar rats' brain tissues'  $\beta$ -endorphin average level between once a week aerobic and anaerobic exercise group.

Group	N	Mean± SD (pg/ml)	p*
Aerobic Group	9	47,45±6,98	0,00
Anaerobic Group	9	51,85±5,01	

p\* t-test  $p < 0,05$

To discover whether there was a difference of endorphin level among control group, aerobic group, and anaerobic group, ANOVA test was conducted. The result showed that there was an increase of brain  $\beta$ -endorphin average level in treatment group. The average level of beta-endorphin was higher in anaerobic exercise group than was it in aerobic exercise and control group.

Table 2: The comparison of wistar rats' brain tissues'  $\beta$ -endorphin average level among control group, aerobic exercise group and anaerobic exercise group.

Group	n	Mean± SD (pg/ml)	p*
Control Group	9	35,01±8,19	0,00
One-time Aerobic Group	9	47,45±6,98	
One-time Anaerobic Group	9	53,35±8,80	

p\* Anovatest  $p < 0,05$

### 3.2 $\beta$ -endorphin in Testicular Tissue

To determine the average levels of  $\beta$ -endorphin in Wistar rats' testicular tissue between control group and anaerobic exercise group, the unpaired t-test was conducted. There was a significant difference ( $p < 0.05$ ) in the average levels of  $\beta$ -endorphin in Wistar rats' testicular tissue between the aerobic and anaerobic exercise group.

Table 3: The comparison of wistar rats' testicular tissues'  $\beta$ -endorphin average level between once a week aerobic and anaerobic exercise group.

Group	n	Mean±SD(pg/ml)	p*
Aerobic Group	9	38,93±3,52	0,00
Anaerobic Group	9	53,35±8,80	

p\* t-test  $p < 0,05$

To determine whether there was a significant distinction of  $\beta$ -endorphin average levels on Wistar rats in testicular tissue among the control group, aerobic exercise group and anaerobic exercise group, ANOVA test was conducted. It was found that there was a decline in the average levels of  $\beta$ -endorphin in the testicular of the treatment group. There was a significant difference ( $p < 0.05$ ) on the average levels of  $\beta$ -endorphin in testicular tissue among the control group, aerobic exercise group and anaerobic exercise group.

Table 4: The comparison of wistar rats' testicular tissues'  $\beta$ -endorphin average level among control group, aerobic exercise group and anaerobic exercise group.

Group	n	Mean±SD (pg/ml)	p*
Control Group	9	74,70±20,85	0,00
One-time Aerobic Group	9	38,93±3,52	
One-time Anaerobic Group	9	53,35±8,80	

p\* Anova test  $p < 0,05$

## 4 DISCUSSION

According to this research, increase in the average levels of  $\beta$ -endorphin in the brain tissue was found. This happened because physical exercise was one important factor in enhancing  $\beta$ -endorphin and the impact of physical exercise for the body was not only as a stressor, but also as stimulator; a secreted endorphins simulator.

During physical exercise, the brain would recognize physical exercise as a stressor. Physical exercise then stimulated hypoxia due to the low oxygen content in brain so that the brain sensed that we were in the process to deal with or avoid the stressor.<sup>3</sup> Given a stimulus such as a stressor would activate the HPA axis which would boost the hypothalamus and *Locus Coeruleus* (LC). The hypothalamus would decrease the secretion of *Corticotropin Re-leasing hormone* (CRH) *Adrenocorticotropic Hormone* so that ACTH decreased and *Pro-opimelanocortin* (POMC) thrilled, which also reduced the production of ACTH and provoked the production of endorphins resulting pleasant feeling, fresh mind, and better emotion.<sup>14</sup>

This study was in line with research conducted by Viru and Tenzegolskis (1995) discussing the relationship between the level of training and  $\beta$ -endorphin concentrations observed in 12 trained individuals and untrained 11 individuals. Moderate-intensity physical exercise did not cause an increase in  $\beta$ -endorphin in the untrained group, while the high-intensity exercise increased levels of  $\beta$ -endorphin in the trained group.<sup>15</sup> Anaerobic exercise had a greater impact on the release of  $\beta$ -endorphin compared to aerobic exercise because the release of endorphins was stimulated by relatively high physical exercise.<sup>16</sup>

The results showed a significant relationship ( $p < 0,05$ ) on increased levels of  $\beta$ -endorphin in the anaerobic group compared to the aerobic group and controls. This happened because the anaerobic exercise increased levels of  $\beta$ -endorphin related to lactate serum concentration, whereas aerobic exercise only had a smaller effect on the level of  $\beta$ -endorphin. Age and gender also influenced the lower levels of  $\beta$ -endorphin.<sup>16</sup> This result were cohesive with the Goldfarb & Jamurtas (1997) which demonstrated that aerobic and anaerobic exercise could increase levels of  $\beta$ -endorphin. However, The increase was more significant in anaerobic exercise depending on the level of metabolic demand.<sup>17</sup>

The results also showed a decline in the average levels of  $\beta$ -endorphin in testicular tissue. This decrease was due to the reproductive system which was very sensitive to the effects of stressors associated with physical exercise, resulting in hormonal disorders, which were influenced by the type, intensity, duration and frequency of exercise performed. Endorphins could cause an impaired function of the reproductive system and lower the secretion of LH and FSH.<sup>18</sup> During physical exercise, endorphins were known to have a strong

inhibitor properties on the secretion of GnRH. GnRH would directly inhibit the release of LH and prevent the synthesis testosterone on Leydig cells, inducing lower testosterone in plasma.

The results were parallel to a research conducted by Kostic et al (1997) which revealed that CRH and  $\beta$ -endorphins affected the hypothalamic-pituitary-gonad (HPG) by inhibiting the release of GnRH from the hypothalamus. CRH acted directly as an anti-reproductive peptide and  $\beta$ -endorphin served indirectly as an anti-reproduction peptide in the testes, where the two peptides to function as negative regulators of gonadotropin. GnRH would inhibit the release of LH and interrupted the synthesis of testosterone directly to Leydig cells which therefore lowered testosterone in the plasma.<sup>19</sup> According Safanirejad, et.all (2009) when doing physical exercise, ACTH and secretion would intensify and LH LH levels decreased.<sup>21</sup> After doing physical exercises, corticotropin releasing hormone (CHR) induced the release of ACTH and  $\beta$ -endorphin. The increase of  $\beta$ -endorphin could impede the release of gonadotropin (LH secretion). The reduction of LH secretion might lead to an abatement in testosterone produced by the Leydig cells (Colon, 2007).<sup>22</sup>

The results also indicated that the drop in the average levels of  $\beta$ -endorphin in aerobic and anaerobic exercise group. There was a significant relationship ( $p < 0,05$ ) on the reduction of  $\beta$ -endorphin in aerobic and anaerobic exercise group. This took place since physical exercise

could effect hormones in the reproduction system that might be increased or decreased after an acute or chronic physical exercise.<sup>10</sup> In addition,  $\beta$ -endorphin had regulator effect on reproductive fuction at the level of the hypothalamus-pituitary axis.<sup>8</sup> From the results of this study it was concluded that aerobic and anaerobic exercise could result in changes to the levels of  $\beta$ -endorphin in the brain and the testes. There were significant differences in the brain ( $p < 0.005$ ) and testes ( $p < 0.005$ ) in terms of average levels of endorphin among wistar rats in aerobic exercise group and anaerobic exercise group.

## 5 CONCLUSION

There was significant distinction on the average level of  $\beta$ -endorphin on wistar rats' brain and testicular tissues after given aerobic and anaerobic treatments once a week for 6 weeks long.

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18

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