

Effect of Giving Ripe Banana Flour (*Musa acuminata*) on Physical Activity in Dyslipidemia Wistar Strain Rats
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ABSTRACT

Dyslipidemia is a disorder caused by disruption of lipid metabolism due to the interaction of genetic and environmental factors. Dyslipidemia sufferers have lower stamina than normal people. One alternative that can increase the physical activity of people with dyslipidemia is food ingredients that contain flavonoids, namely bananas. The flavonoid content in bananas can increase the release of energy from the body's metabolism and can increase physical activity and prevent muscle fatigue. The purpose of this study was to determine the potential of banana flour (*Musa acuminata*) ripe on physical activity in white rats (*Rattus norvegicus* L.) Wistar dyslipidemia strain. This type of research is true-experimental with pretest - posttest with control group design. This study used 18 male Wistar rats with a body weight of 180-200 grams aged 2 -3 months. Rats were divided into 2 control groups, namely negative and positive controls and 1 treatment group given banana flour with a dose of 0.144 g / head / day. Physical activity was measured by swimming activity during the pre-test and post-test with 3 repetitions. Data were analyzed by using Paired T-Test, One Way Anova was performed with the result that there was a significant difference in physical activity of dyslipidemic rats before and after intervention ($p=0,000$). The conclusion of this study is that giving banana flour ripe can significantly increase physical activity in the treatment group.

Keywords: Physical Activity, Dyslipidemia, Ripe Banana Flour