

**ABSTRAK****PENURUNAN KADAR TRIGLISERIDA DAN PROTEIN PADA OTOT  
MENCIT MODEL DIABETES YANG DIBERIKAN LATIHAN FISIK**

There are several studies reporting the complication of diabetes mellitus, one of them is affect on muscle mass. Triglycerides and protein level in diabetic muscle have not been analyzed. The fact show that catabolism of triglycerides and protein occur in diabetes mellitus that cause decrease in muscle mass. Therefore, it was necessary to conduct a study to determine appropriate therapy for prevent decrease muscle mass in diabetes mellitus. This study used 27 mice (*Mus musculus*) that were divided into 3 groups. Normal and diabetes untreated groups (K1 and K2) and diabetes treated group (K3) which was given with daily exercise for twenty one days. Triglycerides and proteins level were measured after treatment. The data analysis used *One Way Anova and Post Hoc Anova : Games Howell and LSD*. Test results are considered significant when  $p < 0.05$ . The results showed that there is significant difference of triglycerides level between control group (K1) and diabetes without exercise group (K2) but not significant between control group (K1) and diabetes with exercise group (K3) and between diabetes without exercise group (K2) and diabetes with exercise group (K3). While on protein level, the results showed that there are significant differences between groups.

Keywords: exercise, triglycerides, proteins, diabetes mellitus.