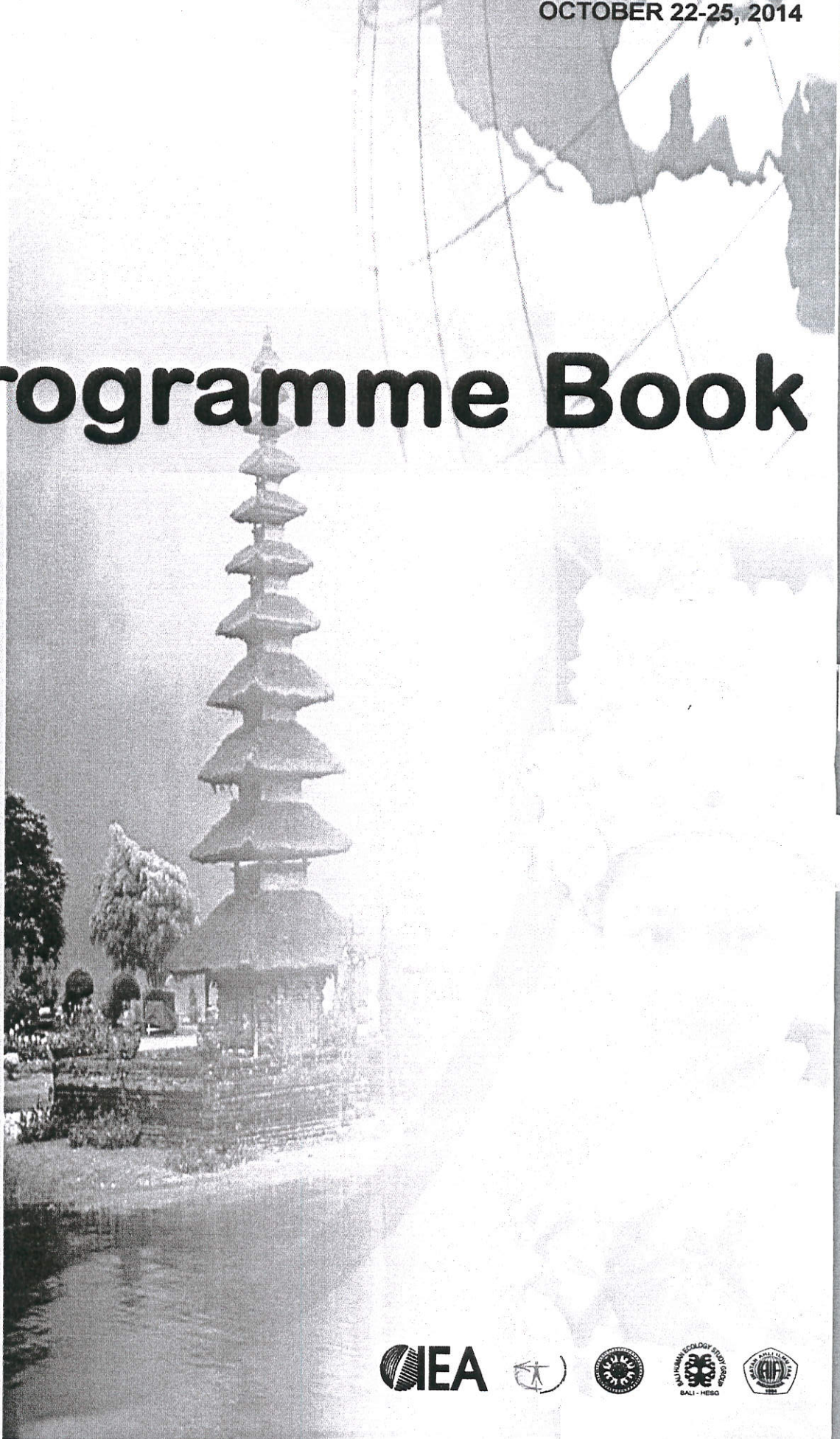


OCTOBER 22-25, 2014



# Programme Book

# BALI 2014



# Programme Book

Joint International Conference

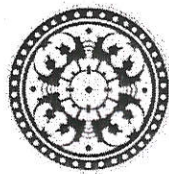
**APCHI-ERGOFUTURE-PEI-IAIFI 2014**

"With new mind set and widen horizon to catch the future: Physiology is the basic science for human life"

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methods, test and measurement sti-and-reach and physical activity questionnaire using PAR-Q and GPAQ questionnaire.

Result obtained an average age of male respondents was  $40 \pm 7$  years and the average age of female respondents was  $38 \pm 6$  years. From the measurement results, the majority of respondents have a poor fitness level (55.2%) and the majority of respondents have a low level of physical activity (58.6%).

Educational staffs of FKUP have poor physical fitness and low physical activity levels. Another exploration still be needed regarding the influence of this condition to work performance. But still, spesific exercise or health programme to enhance these aspects need to be done immediately.

Keyword: physical activity, physical fitness, education staffs

AI145

## **KEBAR'S GRASS IMPROVES SPERMATOGENIC QUANTITY AND SPERMATOZOA QUALITY IN RATS EXPOSED WITH CIGARETTE SMOKE**

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Kebar's grass from Kebar Sub District, Manokwari, West Papua is known as traditionally medical herb for reproductive performance. This research used a completely randomized design (CRD) with the use of extract kebar's grass 0.0945 mg/gr body weight/day to improve reproductive performance of male rat exposed with cigarettes smoke. Twelve male rats were divided into 4 groups, each 3 rats in group. A1 and A2 are the group exposed with cigarette smoke 10 cigarettes/rat/day for 20 days and 60 days, A3 and A4 are the group exposed with cigarette smoke 10 cigarettes/rat/day and followed by giving of extract kebar's grass for 20 days and for 60 days. The parameters observed was spermatogenic quantity and spermatozoa quality. The results showed that extract kebar's grass 0.0945 mg/gr body weight/day could improve the reproductive performance in male rat, including the increase of spermatogenic quantity and spermatozoa quality. *Keywords: Cigarettes smoke, kebar's grass, spermatogenic, spermatozoa.*

AK165

## **THE EFFECT OF ACTIVE AND PASSIVE WARMING UP ON BLOOD GLUCOSE AND LACTIC ACID BEFORE SUB-MAXIMAL PHYSICAL ACTIVITY**

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Warming up is a beginning activity in exercise to prepare body physiologically and psychologically to do more heavy activity and reduce flawed risk before doing exercise or competition.

Research design is "the randomized pretest- posttest control group design". The samples of this research are eighteen students of 21- 23 years old. The students are divided into two groups. Nine students are in active warming up group (G1) and nine students are in passive warming up group (G2). After warming up each group was given sub-maximal physical activity by paddling ergocycle by 80% HRmax. The measurement of blood glucose and lactic acid was done four times: Pre-test, immediately after warming up, 5 minutes and 30 minutes after sub-maximal physical activity.

The results of the blood glucose showed (mg/dL); G1:  $99,66 \pm 2,73$  ;  $96,66 \pm 2,64$  ;  $92,55 \pm 2,18$  ;  $89,88 \pm 3,44$ . G2:  $96,88 \pm 3,01$  ;  $99,22 \pm 2,22$  ;  $93,55 \pm 3,24$  ;  $91,11 \pm 5,55$ . The blood lactic acid (mmol/dL); G1:  $2,78 \pm 0,41$  ;  $7,41 \pm 1,41$  ;  $8,82 \pm 1,50$  ;  $3,40 \pm 0,49$ . G2:  $1,33 \pm 0,41$  ;  $2,07 \pm 0,65$  ;  $6,30 \pm 1,39$  ;  $3,10 \pm 0,66$ . There is no difference between

G1 to G2 to changes in blood glucose, only an increase in blood glucose after passive warming up ( $p < 0.01$ ). Increased in blood lactate after warming up in group G1 is greater than G2 ( $p < 0.001$ ).

The conclusions of this study showed that there was an increase blood glucose after passive warming up (G2), decreased in blood glucose after sub-maximal physical activity in both groups and increased in blood lactate after sub-maximal physical activity in both groups.

*Keyword : Active warming up, passive warming up, blood glucose, blood lactid acid and sub-maximal physical activity*

AK167

### **PROGRAM OLAHRAGA SEIMBANG MENINGKATKAN KECEPATAN, KETELITIAN, DAN KONSTANSI PADA LANJUT USIA DESA TAKMUNG KLUNGKUNG**

*I Ketut Tunas dan I Putu Dedy Kastama Hardy*

*Program Studi Kesehatan Masyarakat Universitas Dhyana Pura*

Lansia sering dikaitkan dengan usia yang tidak produktif. Masalah yang timbul pada proses penuaan adalah terjadinya penurunan fisiologik tubuh dan peningkatan terjadinya penyakit. Penyakit yang behubungan dengan proses penuaan yaitu penyakit degeneratif, penurunan kualitas hidup, penurunan kognitif serta meningkatnya ketergantungan pada orang lain.

Berbagai kebijakan dan program yang dijalankan pemerintah di antaranya tentang pelaksanaan upaya peningkatan kesejahteraan lanjut usia, salah satunya adalah penyediaan fasilitas rekreasi dan olahraga khusus. Program ini, terutama mengenai olahraga khusus bagi para lansia perlu disosialisasikan secara kontinu dan terarah Hal ini sangat berpengaruh terhadap pencapaian sasaran prgram tersebut yaitu tubuh sehat ideal dalam arti tidak mudah sakit, mempunyai hidup yang berkualitas, dan penampilan yang prima. Pola hidup yang sehat seimbang adalah kunci untuk mencapai kesehatan.

Pengetahuan tentang pola hidup sehat dapat mencegah timbulnya berbagai penyakit dan hanya akan tercapai melalui aktivitas olahraga, pengaturan pola makan, istirahat yang teratur dan proporsional. Olahraga secara aktif dan teratur merupakan salah satu bagian pola hidup sehat. Olahraga yang dilakukan secara teratur dan ilmiah sesuai dengan *FITT (Frequency, Intensity, Time, Type)* akan meningkatkan perasaan yang nyaman dan gembira. Aktivitas fisik yang nyaman dan aman dan selalu berpikir positif dapat meningkatkan kemampuan kognitif dan kesigapan melalui kecepatan reaksi, ketelitian dalam bekerja, dan konstan dalam pekerjaannya. Tujuan penelitian ini adalah untuk mengetahui peran olahraga seimbang terhadap peningkatan kesigapan melalui peningkatan kecepatan, ketelitian, dan konstansi pada lansia.

Penelitian ini adalah penelitian ekperimental dengan menggunakan rancangan *Pretest-Posttest Control Group Design* untuk mengetahui peningkatan kecepatan, ketelitian, dan konstansi setelah mengikuti program olahraga seimbang. Sampel dalam penelitian ini sebanyak 40 orang lansia yang terbagi menjadi dua kelompok, yaitu kelompok kontrol dan kelompok perlakuan, yang dipilih secara acak sederhana.

Berdasarkan hasil analisis didapatkan bahwa karakteristik subjek antara kelompok control dengan kelompok perlakuan tidak berbeda ( $p > 0,05$ ). Demikian juga kecepatan, ketelitian, dan konstansi antara kelompok control dengan kelompok perlakuan sebelum diberikan perlakuan (*pretest*) tidak berbeda ( $p > 0,05$ ).

Hasil penelitian menunjukkan bahwa kedua kelompok sebelum diberikan perlakuan (*pretest*) adalah sama.

*Kata kunci: lansia, olahraga, kecepatan, ketelitian, konstansi*

AJ155

### **PHYSIOLOGY CONDITION HEMATOLOGY AND THE DURATION OF RECONDITON OF MALE FAT TAIL SHEEP THAT TRANSPORTED FROM EAST JAVA TO WEST JAVA**

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