ABSTRACT

The success of development including health has improved the health and nutritional status of society, among others, Umur Harapan Hidup (UHH) in Indonesia from year to year, which was caused a changes in the age of menopause. The increasing age of women and less mobile body, causes changes in various hormone levels, and also decrease its metabolisms, it would results in complaints at the beginning of the menopause such as hot flashes, the sensation of psikik dispnea, anxiety, fatigue and sometimes psychotic varied conditions, and long-term causes osteoporosis, coronary heart disease, stroke, colon cancer, Alzheimer's and also adiposity, which especially in the waist, hips and abdomen. By increasing of life expectancy of Indonesian society, the improvement of quality of life of the menopause should also be enhanced, by doing physical exercise is expected to reduce the number of diseases that occur because of increasing age.

The purpose of this study was to determine the fat content decreased in the area of mesentery in the Rattus norvegicus menopause age which was given physical training. This research is a real experiment. The research was designed by post test-only control group design. The population in this study was female white mice, the number of samples used was 14 consisting of 2 treatment and 7 replicates. The sampling technique is simple random sampling (simple). The independent variables in this study is treatment consisted of physical exercise and no exercise, the dependent variable is the fat content of organs in the region (mesentery), and control variables of gender rats, mice aged, rat food, drinks, pens and ovariektomi. Analysis of lipid content with the method used is Acid Hydrolysis. Fat content analysis technique used is the test of Independent Sample Test.

Based on the test of Independent Samples Test results that were significantly obtained significance value (sig. 2 tailed) is smaller than the level of \(0.05\), namely \(0.000\lessgtr\alpha\) significance \(<0.05\). It shows the influence of physical exercise to decrease fat content in the area of internal organs (mesentery).