

## DAFTAR ISI

|   |      |
|---|------|
| HALAMAN JUDUL .....                           | i    |
| HALAMAN PENGESAHAN .....                      | ii   |
| HALAMAN PERNYATAAN .....                      | iii  |
| KATA PENGANTAR .....                          | iv   |
| DAFTAR ISI.....                               | vi   |
| DAFTAR TABEL.....                             | viii |
| DAFTAR GAMBAR .....                           | ix   |
| INTISARI .....                                | x    |
| ABSTRACT.....                                 | xi   |
| BAB I PENDAHULUAN.....                        | 1    |
| I.1    Latar Belakang .....                   | 1    |
| I.2    Rumusan Masalah .....                  | 3    |
| I.3    Tujuan Penelitian .....                | 4    |
| I.4    Manfaat Penelitian .....               | 4    |
| I.5    Keaslian Penelitian.....               | 5    |
| BAB II TINJAUAN PUSTAKA .....                 | 8    |
| II.1    Tinjauan Pustaka .....                | 8    |
| II.1.1 Nesfatin-1 .....                       | 8    |
| II.1.2 Latihan.....                           | 19   |
| II.2    Kerangka Teori .....                  | 25   |
| II.3    Kerangka Konsep.....                  | 26   |
| II.4    Hipotesis .....                       | 26   |
| BAB III METODE PENELITIAN .....               | 27   |
| III.1    Rancangan Penelitian.....            | 27   |
| III.2    Variabel Penelitian.....             | 29   |
| III.2.1 Variabel Bebas .....                  | 29   |
| III.2.2 Variabel Terikat .....                | 29   |
| III.2.3 Variabel Terkendali .....             | 29   |
| III.3    Definisi Operasional .....           | 30   |
| III.4    Populasi dan Sampel Penelitian ..... | 31   |

|   |    |
|---|----|
| III.4.1 Populasi Penelitian .....                     | 31 |
| III.4.2 Sampel Penelitian.....                        | 31 |
| III.5 Alat dan Bahan Penelitian .....                 | 32 |
| III.6 Kriteria Penentuan Studi Penelitian .....       | 32 |
| III.6.1 Tipe Studi Penelitian .....                   | 32 |
| III.6.2 Tipe Partisipan .....                         | 32 |
| III.6.3 Tipe Intervensi .....                         | 32 |
| III.6.4 Pembanding.....                               | 33 |
| III.6.5 Luaran .....                                  | 33 |
| III.7 Pengumpulan dan Analisis Data .....             | 33 |
| III.7.1 Seleksi Studi Penelitian.....                 | 33 |
| III.7.2 Ekstraksi Data (seleksi dan pengkodean) ..... | 35 |
| III.7.3 Penilaian Risiko Bias .....                   | 35 |
| III.7.4 Sintesis Data.....                            | 36 |
| III.7.5 Penelitian Heterogenitas .....                | 38 |
| III.7.6 variabel Subgrup .....                        | 39 |
| III.7.7 Analisis Sensitivitas .....                   | 39 |
| III.8 Etika Penelitian .....                          | 40 |
| III.9 Kesulitan Penelitian .....                      | 40 |
| III.10 Jalannya Penelitian.....                       | 41 |
| BAB IV Hasil Penelitian dan Pembahasan .....          | 42 |
| IV.1 Hasil Penelitian .....                           | 42 |
| IV.1.1 Hasil Identifikasi Studi Penelitian .....      | 42 |
| IV.2.2 Analisis Hasil .....                           | 48 |
| IV.2 Pembahasan.....                                  | 56 |
| BAB V Kesimpulan dan Saran .....                      | 61 |
| V.1 Kesimpulan .....                                  | 61 |
| V.2 Saran .....                                       | 61 |
| DAFTAR PUSTAKA .....                                  | 62 |

## DAFTAR TABEL

|   |    |
|---|----|
| Tabel II.1 Komplikasi ekspresi utama dan data fungsional <i>nucleobindin 2</i> (NUCB2) / Nesfatin-1 pada manusia..... | 14 |
| Tabel II.2 Komponen FITT yang diterapkan pada program pengkondisian fisik.....  | 20 |
| Tabel IV.1 <i>Characteristics of included studies</i> .....   | 45 |
| Tabel IV.2 <i>Vote Counting The Results of Nesfatin-1 Levels</i> .....  | 49 |
| Tabel IV.3 <i>Risk of bias assessment</i> .....   | 54 |

## DAFTAR GAMBAR

|   |    |
|---|----|
| Gambar II.1 Struktur protein NUCB2 dan pembentukan Nesfatin-1 .....                 | 10 |
| Gambar II.2 Mekanisme anoreksia yang diinduksi Nesfatin-1 di otak .....             | 12 |
| Gambar II.3 Skema yang menunjukkan sekresi Nesfatin-1 .....                         | 13 |
| Gambar II.4 Efek perifer Nesfatin-1 dalam modulasi beberapa proses homeostatik..... | 18 |
| Gambar II.5 Latihan menginduksi peningkatan banyak hormon dan peptida.....          | 23 |
| Gambar II.6 <i>Evidence Based Medicine (EBM) Pyramid</i> .....                      | 24 |
| Gambar IV.1 <i>Diagram PRISMA Flow</i> .....  | 44 |
| Gambar IV.2 <i>Forrest Plot Exercise Versus Control</i> .....                       | 50 |
| Gambar IV.3 <i>Forrest Plot Aerobic Versus Control</i> . ....                       | 51 |
| Gambar IV.4 <i>Forrest Plot Resitance Versus Control</i> .....                      | 52 |
| Gambar IV.5 <i>Forrest Plot Combined Versus Control</i> .....                       | 53 |
| Gambar IV.6 <i>Funnel Plot Exercise Versus Control</i> .....                        | 55 |