## ABSTRAK

THE EFFECT OF PEANUT INTAKE AND MODERATE INTENSITY EXERCISETHROUGH LDL CHOLESTEROL CONTENT OF WHITE RATS (Rattus norvegicus) GALUR WISTAR THAT HAS BEEN ON A HIGH FAT DIET

By

ADE SABRYLA

Civilization lifestyles such as high fat consuming and cholesterol can increase blood cholesterol levels, so it needs an effort to treat the cholesterol levels are still on a normal level. Peanuts contains ofphytosterols that effectively diminish the high cholesterol level. The medium intensity training can diminish the high cholesterol levels by degrading fatty acids, which are the basic building blocks of cholesterol. The purpose of this study was to determine the effect of peanut porridge intake and exercise intensity is to decrease LDL cholesterol levels.

This research usedan experimental method through pre and post-test design. Subject of study were 24albino *wistar* strain outbreds mice, age8-12 weeks, weight 200-300 g, divided into four treatment groups. Group A (moderate intensity trainingconsumed peanut porridge), group B (moderate intensity

training), group C (intake of peanut porridge), group D (control). It had the pretest level of LDL examination before treatment, posttest after treatment LDL levels. The normality test (Shapiro-Wilk p>0.05), the homogeneity test (Levene'sp>0.05), paired t-test and one-way ANOVA test on all treatment and control groups.

The results showeddiminishing in LDL levels (41.83 ± 7.19 to 37.00 ± 7.12), group B (41.33 ± 6.83 to 38.33 ± 5.64), group C (43 , 33 ± 5.50 to 41.00 ± 6.06) and group D (42.66 ± 5.60 to 44.00 ± 6.13) in mice those are fed high-fat diet. Based on these results, it can be concluded that consuming the peanut porridge accompanied by moderate-intensity trainingwas more effective in diminishing the LDL cholesterol levels in albino *wistar* strain outbreds mice compared with slurry feeding peanuts, moderate intensity training and control groups. Therefore, it is recommended for the people to eat peanuts and do exercise regularly.

Key words: Peanut, Moderate Intensity Exercise, LDL cholesterol.