

SKRIPSI

PENGARUH OLAHRAGA TERHADAP MEMORI KERJA PADA DEWASA



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**FAKULTAS KEDOKTERAN
UNIVERSITAS MUHAMMADIYAH SURABAYA
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DEWASA”**

LITERATURE REVIEW

Diajukan Kepada Fakultas Kedokteran Universitas Muhammadiyah Surabaya untuk
Memenuhi Kewajiban Persyaratan Kelulusan Guna Memperoleh Gelar Sarjana
Kedokteran

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2024**

PERNYATAAN TIDAK MELAKUKAN PLAGIASI

Saya yang bertanda tangan di bawah ini:

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Program studi : S1 Pendidikan Dokter

Menyatakan bahwa tugas akhir dengan judul **“PENGARUH OLAHRAGA TERHADAP MEMORI KERJA PADA DEWASA”** yang saya tulis ini benar-benar tulisan karya sendiri bukan plagiasi, baik sebagian atau keseluruhan. Bila di kemudian hari terbukti hasil plagiasi, maka saya bersedia menerima sanksi akademik sesuai dengan ketentuan yang berlaku di Universitas Muhammadiyah Surabaya.

Surabaya, 15 Juni 2024

Yang membuat pernyataan,



ANNISA YUSTIN

20201880052

PERSETUJUAN PEMBIMBING

Skripsi berupa Literature Review dengan judul **“PENGARUH OLAHRAGA TERHADAP MEMORI KERJA PADA DEWASA”** yang diajukan oleh mahasiswa atas nama **ANNISA YUSTIN (NIM 20201880052)**, telah diperiksa dan disetujui isi serta susunannya, sehingga diajukan dalam sidang tugas akhir Program Studi S1 Pendidikan Dokter Fakultas Kedokteran Universitas Muhammadiyah Surabaya.

Surabaya, 1 Januari 2024

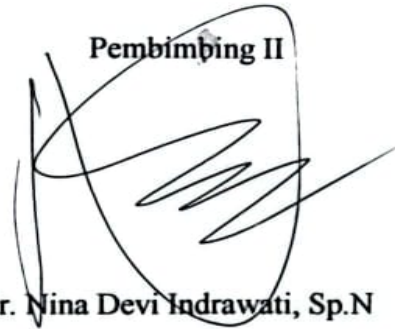
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Pembimbing I



dr. Laily Irfana, Sp.S

Pembimbing II



dr. Nina Devi Indrawati, Sp.N

Mengetahui,

Ketua Program S1 Pendidikan Dokter



dr. Nurma Yuliyanasari, M.Si

PENGESAHAN PENGUJI

Skripsi dengan judul **“PENGARUH OLAHRAGA TERHADAP MEMORI KERJA PADA DEWASA”** telah berhasil dipertahankan di hadapan Tim Penguji pada tanggal 31 Juli 2024 oleh mahasiswa atas nama **ANNISA YUSTIN**, NIM 20201880052 Program Studi S1 Pendidikan Dokter Fakultas Kedokteran Universitas Muhammadiyah Surabaya.

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(.....)

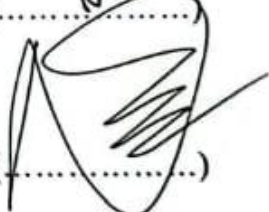
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Anggota Penguji II

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Mengesahkan,

Dekan Fakultas Kedokteran




dr. H.M. Jusuf Wilisono, Sp.P(K), FCCP, FISR

UCAPAN TERIMA KASIH

Puji syukur penulis panjatkan kehadirat Allah SWT serta nabi besar umat Islam, Nabi Muhammad SAW, atas karunia dan rahmat yang telah dilimpahkan, sehingga diberikan kelancaran dalam penyelesaian skripsi berupa literature review dengan judul “Pengaruh Olahraga Terhadap Memori Kerja pada Dewasa”.

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Surabaya, 15 Juni 2024

Penyusun,
ANNISA YUSTIN

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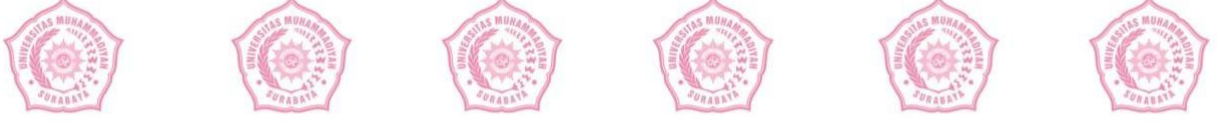
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DAFTAR SINGKATAN & ISTILAH

BDNF	= <i>Brain-Derived Neurotrophic Factor</i>
CRF	= <i>Cardiorespiratory Fitness</i>
EEG	= <i>Electroencephalography</i>
ERP	= <i>Event Related Potential</i>
fMRI	= <i>Functional Magnetic Resonance Imaging</i>
HIIT	= <i>High Intensity Interval Training</i>
MCI	= <i>Mild Cognitive Impairment</i>
MIIT	= <i>Moderate Intensity Interval Training</i>
PASA	= <i>Posterior-Anterior Shift in Aging</i>
T1w/T2w	= <i>T1-weighted and T2-weighted scans</i>



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