





**LAMPIRAN**

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### Lampiran 1. Naskah Publikasi yang di Submit

<b>MAGNA MEDIKA</b> Berkala Ilmiah Kedokteran dan Kesehatan		e-ISSN 2774-2318 p-ISSN 2407-0505
	<p style="text-align: center;"><b>Literature Review</b></p> <p style="text-align: center;"><b>MAGNA MEDIKA</b>          Berkala Ilmiah Kedokteran dan Kesehatan</p> <p style="text-align: center;">Journal Page: <a href="https://jurnal.unimus.ac.id/index.php/APKKM">https://jurnal.unimus.ac.id/index.php/APKKM</a></p>	
<h3>The Effects of Exercise on Working Memory in Adults</h3> <p style="text-align: center;">Annisa Yustin<sup>1</sup>, Laily Irfana<sup>2</sup>, Nina Devi Indrawati<sup>3</sup>, Era Catur Prasetya<sup>4</sup></p> <ol style="list-style-type: none"> <li>1) Student of Faculty of Medicine, Universitas Muhammadiyah Surabaya</li> <li>2) Lecturers of Faculty of Medicine, Universitas Muhammadiyah Surabaya</li> <li>3) Lecturers of Faculty of Medicine, Universitas Muhammadiyah Surabaya</li> <li>4) Lecturers of Faculty of Medicine, Universitas Muhammadiyah Surabaya</li> </ol>		
<b>Article Info</b>		<b>Abstract</b>
<b>Article history:</b>		<p><b>Background:</b> Working memory (WM) constitutes a crucial element of cognitive function. A reduction in WM capacity may adversely impact the quality of life and elevate the risk of developing neurodegenerative diseases in the future. Presently, there is no established medication that can effectively prevent cognitive decline.</p> <p><b>Objective:</b> Over the past decade, numerous research articles have investigated the impact of exercise on cognitive function, particularly focusing on WM in adults.</p> <p><b>Methods:</b> Critical reading of several literature that includes a focus on discussion of the effect of exercise on WM. Scientific articles search is conducted using online databases such as PubMed and Google Scholar.</p> <p><b>Results:</b> Exercise improve WM through neuroplasticity. Post exercise improvement on WM can be seen in every ages studied.</p>
<b>Keywords:</b> Working memory; exercise; adult;		
<b>Correspondence:</b> <a href="mailto:Lailyirfana@gmail.com">Lailyirfana@gmail.com</a>		
<b>How to cite this article:</b>		

## Lampiran 2. Bukti Submit Jurnal

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### Active Submissions

ACTIVE ARCHIVE

ID	MM-DD SUBMIT	SEC	AUTHORS	TITLE	STATUS
14148	02-09	REV	Yustin, Irfana, Indrawati, Prasetya	THE EFFECTS OF EXERCISE ON WORKING MEMORY IN ADULTS	IN EDITING

1 - 1 of 1 Items

## Lampiran 3. Letter of Acceptance




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**[magnamed] Editor Decision**  
1 pesan

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**Muhammad Fadhol Romdhoni** <jurnal@unimus.ac.id> Jum, 28 Jun 2024 pukul 06.02  
Kepada: Annisa Yustin <annisayustin28@gmail.com>

Annisa Yustin:

We have reached a decision regarding your submission to MAGNA MEDICA Berkala Ilmiah Kedokteran dan Kesehatan, "The Effects of Exercise on Working Memory in Adults".


Our decision is to: Accept submission


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<http://jurnal.unimus.ac.id/index.php/APKKM>

## Lampiran 4. Kartu Kendali Bimbingan Karya Ilmiah


ANNISA YUSTIN



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### Kartu Kendali Bimbingan Karya Tulis Ilmiah

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Saran/Komentar

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Menampilkan 1-10 dari 10 hasil

No.	Tanggal	Topik	Saran/Komentar	Pembimbing
1	2023-01-19	revisi latar belakang metode		Laily Irfana
2	2023-01-23	Website publikasi literatur review		Laily Irfana
3	2023-02-17	revisi latar belakang		Laily Irfana
4	2023-04-13	Metode literatur review		dr. Nina Devi Indrawati
5	2023-05-10	Pembahasan literatur review		dr. Nina Devi Indrawati
6	2023-06-14	Publikasi literatur review	Format jurnal	dr. Nina Devi Indrawati
7	2023-06-21	ttd		dr. Nina Devi Indrawati
8	2023-06-22	diskusi waktu ujian		Laily Irfana
9	2024-01-03	revisi pembahasan		Laily Irfana
10	2024-02-16	Saran publikasi		Laily Irfana

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