

META-ANALYTICAL EXAMINATION: UNRAVELING THE INTERPLAY BETWEEN PHYSICAL ACTIVITY AND CARDIOVASCULAR WELL-BEING IN A MULTIFACETED PARADIGM

Ns. Naziyah ^{*1}

Univeritas Nasional, Indonesia
naziyah.ozzy@gmail.com

Ahmadi

Universitas Nazhatut Thullab Al-Muafa Sampang, Indonesia
ahmadiku01@gmail.com

Rahmawati Dian Nurani

Akademi Keperawatan Bunda Delima, Indonesia
ners.rahmawatidian@gmail.com

Loso Judijanto

IPOSS Jakarta, Indonesia
losojudijantobumn@gmail.com

Teguh Aprianto

Sekolah Tinggi Teknologi Bandung, Indonesia
gerakantanganmu417@gmail.com

Abstract

This literature review delved into the intricate relationship between physical activity and cardiovascular health, employing a comprehensive meta-analytical approach. The introduction provided a contextual backdrop, emphasizing the significance of understanding this interplay. Methodologically, an extensive search strategy was implemented across reputable databases, guided by stringent inclusion and exclusion criteria. The data extraction process facilitated the meticulous collection of pertinent information, with a focus on critical variables. The meta-analysis revealed overarching themes and patterns, contributing to a nuanced understanding of the subject matter. The critical evaluation of selected studies offered insights into methodological strengths and limitations. In the discussion, findings were synthesized, developing a conceptual framework that synthesized various dimensions of the relationship between physical activity and cardiovascular health. The conclusion briefly summarized key findings, acknowledging the review's limitations and proposing avenues for future research.

Keywords: Physical Activity, Cardiovascular Health, Meta-analysis, Literature Review, Relationship, Methodology, Synthesis, Conceptual Framework

Introduction

In contemporary scientific inquiry, the intricate interplay between physical activity and cardiovascular health has assumed a central position, reflecting the evolving

¹ Correspondence author