

# HUBUNGAN PENGETAHUAN GIZI, ASUPAN KARBOHIDRAT, DAN AKTIVITAS FISIK DENGAN KEBUGARAN JASMANI PADA ATLET CABANG OLAHRAGA PERMAINAN DI SMA RAGUNAN JAKARTA

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## Abstrak

Kebugaran di Indonesia masih termasuk kategori yang rendah. Berdasarkan data *Sport Development Index (SDI)* kebugaran jasmani di Indonesia sebesar 21% dan pada DKI Jakarta sebesar 25%. Sedangkan menurut data Pusat Pelatihan Olahraga Pelajar (PPOP) DKI Jakarta ditemukan sebesar 47% atlet cabang olahraga permainan memiliki kebugaran jasmani kurang. Penelitian ini dilakukan untuk mengetahui hubungan pengetahuan gizi, asupan karbohidrat, dan aktivitas fisik dengan kebugaran jasmani pada atlet cabang olahraga permainan di SMA Ragunan Jakarta. Penelitian ini menggunakan desain *cross-sectional* dengan jumlah sampel 51 atlet cabang olahraga permainan dari kelas 10, 11, dan 12 di SMA Ragunan Jakarta. Pengambilan dan pengumpulan data pengetahuan gizi menggunakan kuesioner, data asupan karbohidrat dengan metode *food recall 2x24 jam*, data aktivitas fisik dengan kuesioner IPAQ-SF, dan data kebugaran jasmani dengan metode *Cooper Test*. Data yang diperoleh dilakukan uji *Chi Square*. Hasil analisis ada hubungan pengetahuan gizi ( $p = 0,000$ ), asupan karbohidrat ( $p = 0,044$ ) dengan kebugaran jasmani, dan tidak ada hubungan aktivitas fisik ( $p = 0,727$ ) dengan kebugaran jasmani pada atlet cabang olahraga permainan di SMA Ragunan Jakarta.

**Kata Kunci:** Pengetahuan Gizi, Asupan Karbohidrat, Aktivitas Fisik, Kebugaran Jasmani, Atlet

# **CORELATION OF NUTRITION KNOWLEDGE, CARBOHYDRATE INTAKE, AND PHYSICAL ACTIVITY TO PHYSICAL FITNESS ON SPORTS GAME ATHLETE IN JAKARTA'S RAGUNAN SENIOR HIGH SCHOOL**

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## **Abstract**

Physical fitness in Indonesia is still on a low category. Based on Sport Development Index (SDI), Indonesia's Physical Fitness is 21% and 25% on Jakarta. Meanwhile, based on DKI Jakarta's Pusat Pelatihan Olah Raga Pelajar (PPOP), it is found that 47% of sports games athlete have a low physical fitness. This research purpose is to find out the correlation of nutrition knowledge, carbohydrate intake, and physical activity to physical fitness on sports games athlete in Jakarta's Ragunan Senior High School. This research use a cross sectional design, the samples of this research are 51 gaming sports athlete from class 10, 11, and 12 in Jakarta's Ragunan Senior High School. Nutritional knowledge data are collected through a questionnaire, carbohydrate intake data are collected with 2x24 hours food recall method, physical activity data are collected through IPAQ-SF questionnaire, and physical fitness data are collected with Cooper Test method. The collected data are processed through Chi Square test. After data analysis, it is found that there are a correlation of nutritional knowledge ( $p= 0,000$ ) and carbohydrate intake ( $p=0,044$ ) to physical fitness, but there is no correlation of physical activity ( $p=0,727$ ) to physical fitness on games sports athlete in Jakarta's Ragunan Senior High School.

**Key word** : Nutritional Knowledge, Carbohydrate Intake, Physical Activity, Physical Fitness, Athlete