

HUBUNGAN ASUPAN MAKAN DAN AKTIVITAS FISIK DENGAN STATUS GIZI PADA ATLET RENANG *SPRINTER* NASIONAL

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Abstrak

Status gizi dan pengaturan aktivitas fisik/latihan adalah dua aspek yang sangat penting dalam kehidupan seorang atlet renang. Keduanya memiliki peran krusial dalam menentukan performa, kesehatan, dan prestasi atlet dalam olahraga renang. Penelitian ini bertujuan untuk mengetahui hubungan asupan makanan dan aktivitas fisik dengan status gizi pada atlet renang *sprinter* nasional. Studi ini dilakukan dengan menggunakan pendekatan cross-sectional, yang melibatkan 25 atlet renang *sprinter* nasional yang aktif berkompetisi. Analisis yang digunakan menggunakan uji *Chi-Square*. Data mengenai asupan makan diambil melalui wawancara 2x24 hours food recall, dan aktivitas fisik menggunakan kuesioner PAL (Physical Activity Level). Status gizi atlet diukur menggunakan parameter Indeks Massa Tubuh (IMT). Hasil penelitian ini menunjukkan bahwa adanya hubungan antara asupan energi ($p\text{-value} = 0,039$) asupan lemak ($p\text{-value} = 0,026$) asupan karbohidrat ($p\text{-value} = 0,017$) aktivitas fisik ($p\text{-value} = 0,026$) dengan status gizi. Tidak terdapat hubungan antara asupan protein status gizi ($p\text{-value} = 0,096$). Diharapkan hasil dari penelitian ini dapat memberikan panduan bagi para atlet, pelatih, dan pengelola untuk mengoptimalkan kesehatan dan kinerja atlet dalam olahraga renang.

Kata Kunci: Asupan Makan, Aktivitas fisik, Status Gizi

RELATIONSHIP BETWEEN FOOD INTAKE AND PHYSICAL ACTIVITY WITH NUTRITIONAL STATUS IN NATIONAL SPRINTER SWIMMING ATHLETES

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Abstract

Nutritional status and regulation of physical activity/exercise are two very important aspects in the life of an athlete in swimming. Both have a crucial role in determining the performance, health and achievements of athletes in swimming. This study aims to determine the relationship between food intake and physical activity with the nutritional status of national sprinter athletes. This study was conducted using a cross-sectional approach, involving 25 national sprinter athletes who were actively competing. The analysis used is the Chi-Square test. Data regarding food intake was collected through 2x24 hour food recall interviews, and physical activity using the PAL (Physical Activity Level) questionnaire. The nutritional status of athletes is measured using the parameter Body Mass Index (BMI). The results of this study indicate that there is a relationship between energy intake (p -value = 0.039), fat intake (p -value = 0.026), carbohydrate intake (p -value = 0.017), physical activity (p -value = 0.026) and nutritional status. There is no relationship between protein intake and nutritional status (p -value = 0.096). It is hoped that the results of this study can provide guidance for athletes, coaches and managers to optimize the health and performance of athletes in swimming.

Keywords: *Food Intake, Physical Activity, Nutritional Status*