

HUBUNGAN ASUPAN ENERGI DAN PROTEIN, IMT/U, DAN AKTIVITAS FISIK DENGAN KEBUGARAN JASMANI PADA ATLET OLAHRAGA PRESTASI DI SKO RAGUNAN JAKARTA

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Abstrak

Didapati 65% atlet cabang olahraga permainan yang memiliki kebugaran jasmani baik. Maka dari itu asupan energi, asupan protein, indeks massa tubuh, dan aktivitas fisik yang terpenuhi sesuai kebutuhan harian atlet merupakan beberapa faktor yang dapat meningkatkan kebugaran jasmani atlet. Penelitian ini merupakan penelitian yang bersifat observasional analitik dengan desain *cross-sectional* (potong lintang). Prosedur pengambilan sampel pada penelitian ini adalah dengan metode *Purposive Sampling*. Tidak terdapat hubungan yang signifikan antara asupan energi (p 0,759 CI 0,26 - 2,825), asupan protein (p 0,276 CI 0,301 - 1,412), indeks massa tubuh (p 0,877 CI 0,317 - 2,67), dan aktivitas fisik (p 0,512 CI 0,166 - 21,516) pada atlet cabang olahraga prestasi di Sekolah Khusus Olahragawan Ragunan. Persentase responden yang memiliki asupan energi defisit/berlebih adalah 89,1%. Hasil penelitian menunjukkan bahwa tidak terdapat hubungan antara asupan energy dan protein, IMT/U. dan aktivitas fisik dengan tingkat kebugaran jasmani atlet olahraga prestasi di SKO Ragunan Jakarta. Asupan energi dan protein mayoritas responden adalah defisit energi atau protein dengan persentase masing-masing 89,1% dan 53,8%, IMT/U mayoritas responden tidak berlebih sebesar 84%, dan aktivitas fisik mayoritas responden dalam kategori normal sebesar 98,07%. Bagi atlet disarankan untuk meningkatkan asupan energi khususnya untuk atlet dengan status gizi normal dan *underweight*. Penelitian ini dapat diteruskan dengan memperhatikan beberapa hal seperti memfokuskan penelitian pada satu cabang olahraga, mengukur persentase lemak untuk memberikan gambaran yang lebih jelas mengenai status gizi atlet, serta meneliti asupan zat gizi lainnya.

Kata Kunci: Kebugaran Jasmani, Asupan, Indeks Massa Tubuh, Aktivitas Fisik, Atlet

RELATIONSHIP BETWEEN ENERGY AND PROTEIN INTAKE, BMI/AGE, AND PHYSICAL ACTIVITY WITH PHYSICAL FITNESS IN HIGH-PERFORMANCE SPORTS ATHLETES AT THE SPECIAL SCHOOL FOR ATHLETES RAGUNAN JAKARTA

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Abstract

There are 65% of game athletes who have good physical fitness. Therefore, energy intake, protein intake, body mass index, and physical activity that are met according to the daily needs of athletes are some of the factors that can improve athletes' physical fitness. This research is an analytic observational study with a cross-sectional design. The sampling procedure in this study was the purposive sampling method. There is no significant relationship between energy intake (p 0.759 CI 0.26 - 2.825), protein intake (p 0.276 CI 0.301 - 1.412), BMI (p 0.877 CI 0.317 - 2.67), and physical activity (p 0.512 CI 0.166 - 21.516) in athletes of sports achievements at Ragunan Special School for Athletics. The percentage of respondents who had deficit/excess energy intake was 89.1%. The results showed that there was no relationship between energy and protein intake, BMI/Age. and physical activity with the level of physical fitness of performance sports athletes at SKO Ragunan Jakarta. Energy and protein intake of the majority of respondents was energy or protein deficit with a percentage of 89.1% and 53.8% respectively, BMI/Age of the majority of respondents was not excessive by 84%, and physical activity of the majority of respondents in the normal category by 98.07%. Athletes are advised to increase energy intake, especially for athletes with normal and underweight nutritional status. This research can be continued by paying attention to several things such as focusing research on one sport, measuring the percentage of fat to provide a clearer picture of the nutritional status of athletes, and examining the intake of other nutrients.

Keywords : Physical Fitness, Intake, Body Mass Index, Physical Activity, Athletes