

GAMBARAN VO2MAX PADA ATLET SEPAK BOLA PERSITA TANGERANG

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Abstrak

Latar Belakang: Konsumsi oksigen pada puncak metabolisme aerobik dikenal sebagai VO2Max, atau jumlah oksigen tertinggi yang dapat dikonsumsi dalam satu menit. **Tujuan Penelitian:** untuk mengetahui mengenai gambaran VO2Max pada Atlet Sepak Bola berdasarkan usia, berat badan, tinggi badan, Indek Massa Tubuh (IMT), lifestyle dan posisi pemain. **Metode Penelitian:** Penelitian ini kuantitatif deskriptif teknik pengambilan data dilakukan dengan alat ukur *beep test* dan pendekatan cross-sectional study penelitian dilakukan di Indomilk Arena Stadium Tangerang Banten dari bulan September hingga November 2024 dengan total sampel penelitian sebanyak 28 atlet sepak bola Persita Tangerang. **Hasil Penelitian:** VO2Max sampel penelitian berada pada kategori baik sekali, rerata usia menunjukkan $18,86 \pm 1,40$ tahun, berat badan sampel penelitian pada kelompok memiliki rerata $62,79 \pm 6,51$ Kg dan tinggi badan sampel penelitian memiliki rerata $174,32 \pm 6,47$ cm. **Kesimpulan:** Berdasarkan karakteristik, VO2Max atlet sepak bola Persita Tangerang mayoritas berada di kategori baik sekali pada usia remaja. Untuk berat badan mayoritas berada di kategori 60-64 kg dan 65-69 kg. Tinggi badan mayoritas di kategori 170-174 cm dan mayoritas IMT normal juga baik sekali. Lifestyle atlet baik sekali dengan lifestyle sangat baik. Berdasarkan posisi, VO2Max mayoritas baik sekali pada posisi Defender.

Kata Kunci : Atlet; Sepak Bola; VO2Max

THE OVERVIEW OF VO₂MAX IN PERSITA TANGERANG FOOTBALL ATHLETES

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Abstract

Background: Oxygen consumption at peak aerobic metabolism is known as VO₂Max, or the highest amount of oxygen that can be consumed in one minute. **Research Objective:** to find out about the description of VO₂Max in Football Athletes based on age, weight, height, Body Mass Index (BMI), lifestyle and player position. **Research Method:** This research is quantitative descriptive data collection technique using beep test measuring instrument and cross-sectional study approach. The research was conducted at Indomilk Arena Stadium Tangerang Banten from September to November 2024 with a total research sample of 28 Persita Tangerang football athletes. **Research Results:** VO₂Max of the research sample is in the very good category, the average age shows 18.86 ± 1.40 years, the weight of the research sample in the group has an average of 62.79 ± 6.51 Kg and the height of the research sample has an average of 174.32 ± 6.47 cm. **Conclusion:** Based on the characteristics, the VO₂Max of Persita Tangerang soccer athletes are mostly in the very good category at a young age. For body weight, the majority are in the 60-64 kg and 65-69 kg categories. The majority of heights are in the 170-174 cm category and the majority of normal BMIs are also very good. The athlete's lifestyle is very good with a very good lifestyle. Based on position, the majority of VO₂Max is very good in the Defender position.

Keywords: Athletes; Football; VO₂Max