

HUBUNGAN TINGKAT KONSUMSI GIZI (ENERGI,PROTEIN,BESI)DAN STATUS GIZI
(INDEKS MASSA TUBUH, KADAR HEMOGLOBIN) DENGAN KETAHANAN FISIK
PADA ATLET SEPAK BOLA DI PSIS SEMARANG TAHUN 2006

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Permainan sepak bola membutuhkan daya tahan jantung-paru yang menggambarkan kapasitas untuk melakukan aktifitas secara terus menerus dalam waktu lama tanpa mengalami kelelahan yang berarti. Salah satu upaya untuk mendapatkan ketahanan fisik yang baik diperlukan status gizi yang baik dan tercukupi zat gizi dengan tepat. Penelitian ini bertujuan mengetahui atau menganalisa hubungan tingkat konsumsi gizi dengan status gizi, tingkat konsumsi gizi dengan ketahanan fisik. Jenis penelitian *explanatory research* dengan pendekatan *Cross Sectional*. Populasi adalah atlet sepak bola PSIS Semarang dengan jumlah sampel 30 orang sesuai kriteria inklusi dan eksklusiyang diambil secara *purposive sampling*. Analisa data menggunakan uji korelasi *Pearson Product Moment*. Hasil penelitian menunjukkan rata-rata tingkat konsumsi energi atlet $80,53\% \pm AKE$ (sedang) tingkat konsumsi protein $92,87\% \pm 14,131$ AKP (sedang), tingkat konsumsi besi $68,42\% \pm 19,531$ AKFe (defisit), IMT $21,51 \pm 1,783$ (normal), kadar Hb $16,83 \text{ g/dL} \pm 1394$ (tidak Anemia) dan ketahanan fisik mampu mencapai jarak $2833,33 \pm 224,504$ meter selama 12 menit (baik sekali). Uji statistik menunjukkan ada hubungan antara tingkat konsumsi energi dengan IMT (p-value 0,010, $r=0,460$), tingkat konsumsi protein dengan IMT (p-value 0,019, $r=0,425$), tingkat konsumsi zat besi dengan kadar Hb (p-value 0,000, $r=0,707$), kadar Hb dengan ketahanan fisik (p-value 0,001, $r=0,595$). Tidak ada hubungan antara tingkat konsumsi energi dengan ketahanan fisik (p-value 0,516), tingkat konsumsi protein dengan ketahanan fisik (p-value 0,522), IMT dengan ketahanan fisik (p-value 0,991). Dari hasil penelitian disarankan untuk mempertahankan tingkat konsumsi atlet yang sedang (energi, protein), serta memperbaiki tingkat konsumsi atlet yang defisit (besi) dengan memberikan suplemen tambahan, karena terbukti ada hubungan dengan status gizi atlet,

Kata Kunci: energi, protein, besi, status gizi (IMT, kadar Hb), ketahanan fisik, atlet, sepak bola

CORRELATION BETWEEN CONSUMPTION LEVEL OF NUTRITION (ENERGY,
PROTEIN,IRON) AND NUTRITION HUBUNGAN TINGKAT KONSUMSI GIZI
NERGISTATUS (BMI, RATE OF HEMOGLOBIN) WITH ENDURANCE OF FOOTBALL'S
ATHLETE AT PSIS SEMARANG 2006

Football needs endurance of heart-lung which is describe capacity to doactivity continually during long time without geting tired. One way to get good resilience is needed good status of nutrition and appropriate nutrition. The research wants to know or analyse relation between level consumption of nutrition with physical resilience, and status of nutrition with physical resilience. The type of research is explanatory research and survey methode by crossectional study. The population is football athlete in PSIS Semarang and number of sample is 30 people according to inclusive and exclucive criteria which take by purposive random sampling. Analysing data use corellation pearson product moment test. The result shows the average of level consumption energy for athlete is $80,53\% \pm 9,306$ AKE (medium), level consumption protein $92,87\% \pm 14,131$ AKP (medium), level consumption ferrum $68,42\% \pm 19,531\%$ AKFe ,BMT $21,51 \pm 1,1,78$, rate of Hb $16,83$ g/dL, and physical resillience can reach $2833,33 \pm 224,504$ meter during 12 minutes. Statistic test shows there are relation between level consumption energy with BMI (p-value $0,010$, $r=0,460$), there are relation between level consumption protein with BMI (p-value $0,019$, $r=0,425$), there are relation between level sufficient ferrum with rate of Hb (p-value $0,000$, $r=0,707$), there are relation between rate of Hb with physical resilience (p-value $0,000$, $r=0,715$), there are relation between level consumption ferrum with physical resilience)(p-value $0,001$, $r=0,595$). There are not relation between level consumption energy with physical resillience (p-value $0,516$), There are not relation between level consumption protein with physical resillience (p-value $0,522$), There are not relation between BMT with physical resillience (p-value $0,991$). From this, researcher suggest to meintain level consumption energy, protein, ferrum for the athlete which during the time have goodness, and to repair level comsumption for the athlete which during the time less or deficit because it proven there were relation with status of nutrition athlete.

Keyword: energy,protein,iron,nutrition status (BMI,rate of Hb) endurance, Athlete, football.