

ABSTRAK

Yunda Ayuningtyas. Hubungan Asupan Energi dan Status Gizi dengan Kebugaran Pada Siswa Sepak Bola Di Academy Kwarta Pondok Rawa Percut Sei Tuan. Skripsi. Program Studi Gizi. Fakultas Teknik. Universitas Negeri Medan. 2024.

Asupan energi dan status gizi poin penting yang perlu diperhatikan dalam meningkatkan performa atlet. Tujuan dari penelitian adalah untuk mengetahui hubungan asupan energi dan status gizi dengan kebugaran pada atlet sepak bola Academy Kwarta di Pondok Rawa Percut Sei Tuan. Penelitian ini menggunakan desain *cross sectional* dan sampel menggunakan teknik total sampling dengan kriteria pengambilan sampel seluruhnya sebanyak 45 orang. Data asupan energi diperoleh dari *recall* 3x24 jam yaitu dua hari pada saat hari latihan, dan satu hari saat hari libur, sedangkan status gizi diukur dengan menimbang berat badan dan mengukur tinggi badan kemudian dihitung menggunakan rumus *z-score*. Data kebugaran diperoleh dari tes *VO2max* dengan metode *Bleep Test*. Analisis data menggunakan analisis Bivariat uji *Rank Spearman* dan Multivariat Uji Regresi Linear Berganda pada program *Statistic Package for Sosial Science* (SPSS).

Responden sebagian besar asupan kurang energi 46,7%, status gizi normal 68,9%, dan kebugaran kurang 51,1%. Kemudian analisa bivariat menunjukkan bahwa asupan energi ($p\text{-value} = 0,000$), status gizi ($p\text{-value} = 0,001$) mempunyai hubungan bermakna dengan kebugaran karena memiliki $p\text{-value} < 0,05$. Hasil analisis multivariat nilai *R Square* yaitu 22,7% dengan $p\text{-value} = 0,001$. Artinya 22,7% variabel kebugaran dijelaskan oleh asupan energi dan status gizi. Sedangkan sisahnya 77,3% variabel kebugaran dijelaskan oleh faktor-faktor lain di luar dari penelitian. Asupan energi dan status gizi dapat mempengaruhi kebugaran atlet. Oleh karena itu, perlu adanya pemberian asupan zat gizi yang cukup untuk membantu performa atlet.



ABSTRACT

Yunda Ayuningtyas. The Relationship of Energy Intake and Nutritional Status with Fitness in Soccer Students at the Kwarta Academy Pondok Rawa Percut Sei Tuan. Thesis. Nutrition Study Program. Faculty of Engineering. Medan State University. 2024.

Energy intake and nutritional status are important points that need to be considered in improving athlete performance. The purpose of the study was to determine the relationship between energy intake and nutritional status with fitness in Kwarta Academy football athletes in Pondok Rawa Percut Sei Tuan. This study used a cross sectional design and samples using total sampling techniques with the criteria for taking a total of 45 people. Energy intake data is obtained from 3x24 hour recall, namely two days on exercise days, and one day on holidays, while nutritional status is measured by weighing and measuring height then calculated using the z-score formula. Fitness data was obtained from VO2max test with Bleep Test method. Data analysis using Bivariate analysis of Spearman Rank test and Multivariate Multiple Linear Regression Test in the Statistical Package for Social Science (SPSS) program.

Respondents were mostly less energy intake 46.7%, normal nutritional status 68.9%, and fitness less 51.1%. Then bivariate analysis showed that energy intake (p -value = 0.000), nutritional status (p -value = 0.001) had a significant relationship with fitness because it had a p -value of <0.05 . The result of multivariate analysis of R Square value is 22.7% with p -value = 0.001. That is, 22.7% of fitness variables are explained by energy intake and nutritional status. Meanwhile, 77.3% of fitness variables were explained by factors other than the study. Energy intake and nutritional status can affect an athlete's fitness. Therefore, it is necessary to provide adequate nutritional intake to help athletes' performance.

