

## CHAPTER V

### CONCLUSION AND SUGGESTIONS

#### A. Conclusion

Based on the description and discussion of the result of study, the conclusions may drawn as follows:”

1. There was no significant effect on increasing of hemoglobin level in the samples before and after administration of vitamin C and after maximum physical activity. However, maximum physical activity affect the hemoglobin levels.
2. The results of data analysis reflect that the administration of vitamin C does not have significant affect on increasing of hemoglobin level on maximum physical activity. It revealed from the sig. 2-tailed > 0.05 in the first post-test and sig.2-tailed > 0.05 in the second post-test.

#### B. Suggestions

From the explanation and the above, the suggesstions are provided as follows:

1. As material to be put under consideration for people generally and for athletes specifically so that they would pay good attention on supplements consumptions to increase the body performance in daily life routines and performance in few matches for the athletes. It is wisely advised that the practise should be synchronized with the consumption of the supplement and balanced resting time in order that the athlete will not suffer for oxydative stress that may cause body performance decreament.

2. As consideration for the general public and athletes specifically to address the consumption of supplements in order to increase the performance in daily activities and performance during a match for the athletes. Exercise should be accompanied with consumption of supplements for long periods, the sufficient rest, the intake and a healthy diet to avoid the oxidative stress that can degrade the performance of the body,

3. As the advice for the trainer/coach and the athlete and also the group that trains the athletes, to maintain the athletes eating order beside giving supplement to support the increment of athlete body performance. Eating order that is well-managed and followed disciplinarily will surely help to increase the performance to be better.

4. As the advice for the trainer/coach that give programme to the athlete. High activity should also be followed with high supplement consumption so that athlete will not feel tired or exhausted that may cause the condition of the body decrease.

5. As the suggestion for the trainer/coach or athlete, to balance between activity and rest. Good rest will help to restore the body condition as how it is in the beginning, so that athlete will be able to restore the performance of his/her body immediately.