

ABSTRAK

Ardhana Hijratur Rahman. Hubungan Asupan Zat Gizi Makro dan Status Hidrasi dengan Tingkat Kebugaran Atlet Sepak Bola Academy Kwarta Pondok Rowo Kecamatan Percut Sei Tuan. Skripsi. Program Studi Gizi. Fakultas Teknik. Universitas Negeri Medan. 2024.

Asupan zat gizi makro dan status hidrasi poin penting yang perlu diperhatikan dalam membantu meningkatkan performa seorang atlet. Tujuan penelitian adalah untuk mengetahui hubungan asupan zat gizi makro dan status hidrasi dengan tingkat kebugaran pemain Academy Kwarta Pondok Rowo Percut Sei Tuan.

Penelitian ini menggunakan desain *cross sectional* dan sampel menggunakan teknik *purposive sampling* dengan kriteria pengambilan sampel sebanyak 34 orang. Data asupan zat gizi makro diperoleh dari recall 3×24 jam yaitu dua hari pada saat hari latihan, dan satu hari saat hari libur, sedangkan status hidrasi diukur dengan menggunakan kartu PURI (Periksa Urin Sendiri) yaitu mengumpulkan urin dan kemudian dilakukan pewarnaan dengan menggunakan warna yang ada. Data tingkat kebugaran diperoleh dari tes Vo_2max uji *Multistage Fitness Test* (MFT). Analisis data menggunakan analisis Bivariat uji *Chi Square* dan Multivariat uji logistik biner pada program *Statistic Package for Sosial Science* (SPSS).

Responden sebagian besar kurang karbohidrat (70.6%), cukup protein (91.2%), kurang lemak (67.6%), status hidrasi mayoritas dehidrasi (61.8%), dan tingkat kebugaran sama bugar tidak bugar (50%). Kemudian analisis bivariat menunjukkan bahwa asupan karbohidrat ($p=0,000$), asupan lemak ($p=0.010$), status hidrasi ($p=0.010$) mempunyai hubungan yang bermakna dengan tingkat kebugaran karena memiliki nilai *p-value* <0.05 , sedangkan asupan protein ($p=0.070$) tidak memiliki hubungan bermakna dengan tingkat kebugaran. Hasil analisis uji logistik biner terdapat hubungan yang signifikan antara asupan zat gizi makro dan status hidrasi dengan tingkat kebugaran. Artinya apabila asupan zat gizi makro dan status hidrasi menurun, maka tingkat kebugaran akan menurun. Nilai Nagelkerke R Square sebesar 0,741 tingkat kebugaran dipengaruhi oleh asupan zat gizi makro dan status hidrasi sebesar 74,1%.

Kata kunci –. Asupan zat gizi makro, status hidrasi, tingkat kebugaran

ABSTRACT

Ardhana Hijratur Rahman. The Relationship between Macronutrient Intake and Hydration Status with the Fitness Level of Football Athletes Academy Kwarta Pondok Rowo Percut Sei Tuan District. Thesis. Nutrition Study Program. Faculty of Engineering. State University of Medan. 2024.

Macronutrient intake and hydration status are important things to consider in helping to improve the fitness level of athletes. This study aims to determine the relationship between macronutrient intake and hydration status with the fitness level of Academy Kwarta Pondok Rowo Percut Sei Tuan athletes.

This study used a cross sectional design and the sample used purposive sampling technique with sample criteria totaling 34 people. Macronutrient intake data was obtained from 3×24 hour recalls, namely on training days, one day without training, and one day on holidays, while hydration status was measured using the PURI (Check Urine Alone) card, namely urine taken and then matched the color using the existing color. Physical fitness data was obtained from the Multistage Fitness Test (MFT) Vo2max test. Data analysis using Bivariate analysis Chi Square test and Multivariate binary logistic test on the Statistical Package for Social Science (SPSS) program.

Respondents were mostly less carbohydrate (70.6%), adequate protein (91.2%), less fat (67.6%), hydration status was mostly dehydrated (61.8%), and fitness level was equally fit not fit (50%). Then bivariate analysis showed that carbohydrate intake ($p=0.000$), fat intake ($p=0.010$), hydration status ($p=0.010$) had a significant relationship with fitness level because it had a p -value <0.05 , while protein intake ($p=0.070$) did not have a significant relationship with fitness level. The results of binary logistic test analysis showed a significant relationship between macronutrient intake and hydration status with fitness level. This means that if macronutrient intake and hydration status decrease, the fitness level will decrease. Nagelkerke R Square value of 0.741 fitness level is influenced by macronutrient intake and hydration status by 74.1%.

Keywords - Macronutrient intake, hydration status, fitness level.