

## ABSTRAK

**Nurfaizah Mutia Pulungan. NIM : 5193240002. *Hubungan Kualitas Menu Dengan Pemenuhan Energi Pada Atlet Sepakbola Di Academy Kwarta Pondok Rawa*. Skripsi. Fakultas Teknik. Universitas Negeri Medan. 2024.**

Penelitian ini dilatarbelakangi oleh pentingnya memperhatikan kualitas menu atlet untuk memenuhi asupan gizi pada atlet terutama pada keseimbangan antara asupan dan pengeluaran energi, baik pada fase sebelum, saat dan setelah latihan/bertanding. Kualitas makanan pada atlet di asrama sangat ditentukan oleh kualitas menu yang disediakan oleh pihak penyelenggara makanan asrama. Penelitian ini bertujuan untuk mengetahui: 1) Kualitas menu yang ada di asrama *Academy Kwarta Pondok Rawa*; 2) Pemenuhan energi pada atlet sepakbola di asrama *Academy Kwarta Pondok Rawa*; (3) Hubungan kualitas menu dengan pemenuhan energi pada atlet sepakbola di asrama *Academy Kwarta Pondok Rawa*. Lokasi penelitian di asrama *Academy Kwarta* selama bulan Februari 2023 – April 2024. Subjek penelitian ini adalah seluruh atlet sepakbola yang tinggal di asrama *Academy Kwarta Pondok Rawa* sebanyak 36 orang. Desain penelitian *cross sectional*. Analisis data secara kuantitatif dan uji hipotesis menggunakan uji korelasi *Rank Spearman*. Hasil analisis menunjukkan kualitas menu kurang baik (61,1%) dan kualitas menu baik (38,9%) serta asupan energi kurang (50,0%) dan asupan energi cukup (50,0%). Berdasarkan hasil uji hipotesis diperoleh nilai *sig. (2-tailed)* sebesar  $0,000 < 0,05$ . Hasil penelitian menunjukkan bahwa terdapat hubungan signifikan yang kuat dan searah antara kualitas menu dengan pemenuhan energi pada atlet sepakbola di asrama *Academy Kwarta Pondok Rawa*.

**Kata Kunci: Kualitas Menu, Pemenuhan Energi, Atlet Sepakbola**



## **ABSTRACT**

**Nurfaizah Mutia Pulungan. NIM : 5193240002. *The relationship between menu quality and energy fulfillment in football athletes at Kwarta Pondok Rawa Academy. Thesis. Faculty of Engineering. State University of Medan. 2024.***

This research was motivated by the importance of paying attention to the quality of the athlete's menu to fulfill nutritional intake in athletes, especially in the balance between intake and energy expenditure, both in the phase before, during and after training / competing. The quality of food for athletes in the dormitory is largely determined by the quality of the menu provided by the dormitory food organizer. This study aims to find out: 1) The quality of the menu in the dormitory of Kwarta Pondok Rawa Academy; 2) Fulfillment of energy for football athletes in the dormitory of Kwarta Pondok Rawa Academy; (3) The relationship between menu quality and energy fulfillment in football athletes at the Kwarta Pondok Rawa Academy dormitory. The research location was in the dormitory of Kwarta Academy during February 2023 – April 2024. The subjects of this study were all football athletes who lived in the dormitory of Kwarta Pondok Rawa Academy as many as 36 people. Cross sectional research design. Quantitative data analysis and hypothesis testing using the Spearman Rank correlation test. The results of the analysis showed poor menu quality (61.1%) and good menu quality (38.9%) as well as less energy intake (50.0%) and sufficient energy intake (50.0%). Based on the results of the hypothesis test, a sig value is obtained. (2-tailed) of  $0.000 < 0.05$ . The results showed that there was a strong and unidirectional significant relationship between menu quality and energy fulfillment in football athletes at the Kwarta Pondok Rawa Academy dormitory.

**Keywords: Menu Quality, Energy Fulfillment, Football Athlete**