

ABSTRAK

Judul : Hubungan Asupan Energi, Zat Gizi Makro dan Mikro, Status Gizi, Kadar Hemoglobin dan Kebugaran pada Atlet Dyva Taekwondo Centre Cibinong.
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Program Studi : Gizi

VI Bab, 79 Halaman, 14 Tabel, 7 Lampiran

Latar Belakang: Kebugaran adalah kemampuan seseorang untuk melakukan aktivitasnya sehari-hari dengan mudah, tanpa rasa lelah yang berlebihan, dan mempunyai cadangan tenaga untuk beristirahat. VO_{2max} adalah faktor utama bagi atlet untuk mendapatkan performa yang baik. **Tujuan:** Mengetahui hubungan asupan energi dan zat gizi makro dan mikro, status gizi, kadar hemoglobin dan kebugaran pada atlet Dyva Taekwondo Centre Cibinong. **Metode Penelitian:** Jenis penelitian ini kuantitatif dengan desain penelitian cross sectional. Populasi penelitian ini adalah seluruh atlet Dyva Taekwondo Centre Cibinong dengan sampel sebanyak 30 responden. Analisa data penelitian ini menggunakan korelasi Pearson. **Hasil Penelitian:** Dari hasil penelitian didapatkan bahwa rata-rata usia responden adalah 14 ± 1 tahun, asupan energi 2259 ± 571 kkal, protein 73 ± 15 g, lemak $51,7 \pm 7$ g, karbohidrat 259 ± 57 g, vitamin B1 $1,15 \pm 0,4$ mg, vitamin C $230 \pm 81,7$ mg, fe $21 \pm 4,5$ mg, IMT/U $19,9 \pm 2$, persen lemak tubuh $18,38 \pm 7$ %, kadar hemoglobin $14 \pm 1,86$ g/dL, dan kebugaran $35,69 \pm 7,2$ kg/ml/menit. Terdapat hubungan antara asupan energi ($p=0,000$), asupan karbohidrat ($p=0,000$), vitamin C ($p=0,000$), fe ($p=0,007$), IMT/U ($p=0,003$), persen lemak tubuh ($p=0,000$), kadar Hb ($p=0,036$) dan kebugaran. Tidak terdapat hubungan antara asupan lemak, protein, vitamin B1 dan kebugaran ($p=0,081$, $p=0,497$, $p=0,383$). **Kesimpulan:** Asupan energi, karbohidrat, vitamin C, fe, IMT/U, persen lemak tubuh, dan kadar hemoglobin merupakan faktor yang mempengaruhi kebugaran. **Saran:** Atlet disarankan untuk mengkonsumsi makanan sesuai dengan kebutuhan hariannya agar kebugarannya tetap terjaga sehingga bisa mencapai prestasi yang optimal.

Kata kunci: kebugaran, asupan zat gizi makro dan mikro, status gizi, persen lemak tubuh, kadar hemoglobin.

Daftar bacaan: 91 (2000 – 2018)

ABSTRACK

Title : The Correlation Between Energy Intake, Macro and Micro Nutrients, Nutritional Status and Hemoglobin Rate, and Fitness Level on Athletes Dyva Taekwondo Centre Cibinong.
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VI Chapter, 79 Pages, 14 Tables, 7 Appendix

Background: Physical Fitness is the ability to do daily activities easily, without getting tired excessive, and has a power reserve to rest. VO₂max is a main factor for athletes in order to get a good performance. **Objective:** This study aims to determine the Correlation Between Energy Intake, Macro and Micro Nutrients, Nutritional Status and Hemoglobin Rate, and Fitness Level On Athletes Dyva Taekwondo Centre Cibinong. **Methods:** This study used cross sectional design research. The number of respondent was 30 athlete determined by total sampling. The consumption energy and macro nutrients was measured by 3x24 hour recall method, whereas intake of micro nutrients data were obtained using semy FFQ, body height and weight measurements were performed to obtain BMI data, fat percentage measurements using BIA, and hemoglobin level was obtained using Easy Touch Hemoglobin Analyser. Vareable relationships were tasted using Pearson Correlation and Simple Linear Regression. **Results:** The result showed that the average age of respondents was 14±1 years, energy intake 2259±571 kkal, protein 73±15 g, fat 51,7±8,9 g, carbohydrate 259±57 g, vitamin B1 1,15±0,4 mg, vitamin C 230±81,7 mg, fe 21±4,5 mg, IMT/U 19,9±2 , body fat 18,38±7 %, hemoglobin rate 14±1,86 g/dL, and fitness level 35,69±7,2 kg/ml/menit. There was correlation between energy intake (p=0,000), carbohydrate (p=0,000), vitamin C (p=0,000), fe (p=0,007), IMT/U (p=0,003), body fat (0,000), hemoglobin rate (p=0,036) and fitness level. There was no correlation between fat intake, protein, vitamin B1 and fitness level (p=0,081, p=0,497, p=0,383). **Conclusion:** Intake of energy, carbohydrate, vitamin C, fe, nutritional status, body fat and hemoglobin level does relate to physical fitness of athlete Dyva Taekwondo Centre Cibinong. **Suggestion:** Athletes are advised to consume food according to their daily needs in order to maintain their fitness so that they can achieve optimal performance.

Keywords: Fitness level, energy intake, macro and micro nutrients, nutritional status and hemoglobin level.

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