

ABSTRACT

Title :Relationship between Hydration Knowledge, Hydration Status, Percent of Body Fat, Hemoglobin Levels, and Physical Fitness in Gymnastic Athletes at GOR Raden Inten, East Jakarta.

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Study Program : Nutrition

Physical fitness is the ability of a person's body to do a day's work without feeling significant fatigue, so that the body itself has a reserve of energy to overcome the excessive workload. The purpose of this study was to determine the relationship between hydration knowledge, hydration status, body composition, hemoglobin level, and fitness in gymnastics athletes. This study was a quantitative study with a cross sectional design conducted at GOR Raden Inten East Jakarta. Independent variables are hydration knowledge, hydration status, body composition (percent of body fat), and hemoglobin level, while the dependent variable is physical fitness. The statistical test used in this study is the Spearman correlation test, because the dependent variable in this study was abnormally distributed. The results of this study are that there is no significant relationship between hydration knowledge and physical fitness ($r = 0,181$; $p = 0,445$), there is no significant relationship between hydration status and physical fitness ($r = -0,440$; $p = 0,052$), there is no relationship significant between body composition (percent of body fat) and physical fitness ($r = 0,351$; $p = 0,129$), and there was a significant relationship between hemoglobin level and physical fitness ($r = 0,600$; $p = 0,005$). The conclusion in this study, there is a significant relationship between hemoglobin level and physical fitness.

Keyword: Hydration Knowledge, Hydraion Status, Percent of Body Fat, Hemoglobin Levels, Physical Fitness, Gymnastics.