

ABSTRAK

Latar Belakang: Atlet remaja menghabiskan banyak waktu untuk berpartisipasi dalam kegiatan yang berkaitan dengan olahraga mereka seperti menghadiri sesi latihan, pertemuan dengan tim, persaingan dan traveling sehingga meningkatkan risiko atlet remaja untuk mengalami stres. Dalam kondisi stres akan menyebabkan penurunan nafsu makan dan akan terjadi peningkatan nafsu makan. Faktor psikologi termasuk stres, perilaku makan beserta asupannya adalah faktor kompleks yang saling berkaitan dalam menyebabkan terganggunya status gizi yang baik. **Tujuan:** Tujuan dari penelitian ini adalah untuk menganalisa hubungan stres, asupan energi, zat gizi makro terhadap persen lemak atlet basket remaja di klub Victoria Jakarta. **Metode:** Penelitian ini menggunakan desain cross sectional, teknik pengambilan sampel menggunakan purposive sampling dengan total 36 atlet remaja putra. Data yang dikumpulkan seperti karakteristik responden, kuesioner stress menggunakan DASS-42 serta formulir asupan energi dan zat gizi makro menggunakan Food Record 3x24 jam. Analisis data yang digunakan dalam penelitian ini adalah uji rank spearman dan uji korelasi pearson. **Hasil:** Karakteristik responden rata-rata usia 14 tahun, rata-rata tinggi badan responden 172.94 cm, rata-rata IMT/U responden yaitu 0.73, rata-rata stres 16.53 ± 9.19 , nilai median asupan energi 2131.76 ± 123.85 kkal, nilai median asupan protein 85.55 ± 5.36 gr, rata-rata asupan lemak 89.47 ± 39.23 gr, rata-rata asupan karbohidrat 283.24 ± 82.60 gr, rata-rata persen lemak $24.66 \pm 12.64\%$, stres terhadap persen lemak ($P=0.02$), asupan energi terhadap persen lemak ($P=0.00$), asupan protein terhadap persen lemak ($P=0.13$), asupan lemak terhadap persen lemak ($P=0.00$), asupan karbohidrat terhadap persen lemak ($P=0.00$). **Kesimpulan:** Ada hubungan signifikan stres dengan persen lemak atlet basket remaja di klub Victoria Jakarta. Ada hubungan signifikan antara energi dan zat gizi makro terhadap persen lemak atlet basket remaja di klub Victoria Jakarta

Daftar kunci: Asupan energi, asupan zat gizi makro, persen lemak, stres atlet

ABSTRACT

Background: Adolescent athletes are required to spend a lot of time participating in activities related to their sports such as attending training sessions, team meetings, competition and traveling, thereby increasing the risk of adolescent athletes experiencing stress. Under conditions of stress will cause a decrease in appetite and will increase appetite. Psychological factors including stress, eating behavior and its intake are complex factors that are interrelated in causing disruption of good nutritional status. **Objective:** The purpose of this study was to analyze the relationship of stress, energy intake, macronutrients to the fat percentage of adolescent basketball athletes at the Victoria club Jakarta. **Methods:** This study used a cross sectional design, the sampling technique used purposive sampling with a total of 36 male youth athletes. Collected data such as respondent characteristics, stress questionnaire using DASS-42 and form of energy and macronutrient intake using Food Record 3x24 hours. Analysis of the data used in this study is the Spearman rank test and Pearson correlation test. **Results:** Characteristics of respondents, the average age is 14 years, the average height of the respondents is 172.94 cm, the average BMI/Age of the respondents is 0.73, the average stress is 16.53 ± 9.19 , the median value of energy intake is 2131.76 ± 123.85 kcal, the median value of intake protein 85.55 ± 5.36 g, average fat intake 89.47 ± 39.23 g, average carbohydrate intake 283.24 ± 82.60 g, fat percentage average $24.66 \pm 12.64\%$, stress to fat percent ($P=0.02$), energy intake to percent fat ($P=0.00$), protein intake to percent fat ($P=0.13$), fat intake to percent fat ($P=0.00$), carbohydrate intake to percent fat ($P=0.00$). **Conclusion:** There is a significant relationship between stress and the percent fat percentage of adolescent basketball athletes at the Victoria club Jakarta. There is a significant relationship between energy and macronutrients on the percent fat percentage of youth basketball athletes at the Victoria club Jakarta

Keyword: Athlete stress, energy intake, fat percentage, macronutrient intake