

ABSTRAK

Judul : Hubungan Asupan Protein, Jenis Kelamin, IMT, dan Latihan Terhadap Kadar Kreatinin dan Tekanan Darah pada Member *Fitness* di Osbond Gym Cempaka Putih
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Program Studi : Ilmu Gizi

Latar Belakang: Member *fitness* center umumnya mengonsumsi makanan tinggi protein mencapai 2 gram/kg bb bahkan lebih, dan seringkali disertai dengan suplemen seperti kreatinin. Asupan tinggi protein dalam jangka yang lama akan menghasilkan beban metabolik yang dapat menyebabkan gangguan fungsi ginjal. Selain kreatinin, pengaruh asupan protein tinggi yang langsung dirasakan oleh individu dengan aktivitas tinggi yaitu tekanan darah.

Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan asupan protein, jenis kelamin, imt, dan latihan terhadap kadar kreatinin dan tekanan darah pada member *fitness* di Osbond Gym Cempaka Putih

Metode: Jenis penelitian kuantitatif ini menggunakan desain *cross sectional* dan menggunakan teknik *Non Probability Sampling*. Pengambilan sampel pada penelitian menggunakan teknik *Purposive Sampling* dan didapatkan sampel sebanyak 22 responden yaitu member *fitness* di Osbond Gym Cempaka Putih. Analisis data dilakukan menggunakan uji korelasi *Pearson* untuk data berdistribusi normal dan uji korelasi *Spearman* untuk data yang berdistribusi tidak normal. Kriteria uji dilihat apabila nilai *p-value* < 0,05, maka H_a diterima dan H_0 ditolak.

Hasil: Seluruh responden (100%) dalam penelitian ini telah menjalankan diet tinggi protein selama lebih dari 1 tahun. Mayoritas responden berusia antara 26-35 tahun (40,9%) dan 36-45 tahun (40,9%). Lebih banyak responden adalah pria (68,2%). Mayoritas responden melakukan jenis latihan angkat beban (81,8%) dengan frekuensi rata-rata latihan sebesar 367,73 menit/minggu. Rata-rata asupan protein responden adalah 212,7736 gram/hari, rata-rata indeks massa tubuh responden adalah 25,33 kg/m², dan rata-rata kadar kreatinin responden adalah 1,01 mg/dL. Sebagian besar responden memiliki tekanan darah sistolik (72,7%) dan diastolik (68,2%) yang normal.

Kesimpulan: Tidak terdapat hubungan antara asupan protein, IMT, dan latihan, dengan kadar kreatinin. Terdapat hubungan antara jenis kelamin dengan kadar kreatinin. Tidak terdapat hubungan antara asupan protein, jenis kelamin, IMT, dan latihan dengan tekanan darah sistolik dan diastolik.

Kata Kunci: Asupan Protein, Kreatinin, Latihan Angkat Beban, Member *Fitness*, Tekanan Darah

ABSTRACT

Title : Relationship Between Protein Intake and Creatinine Levels and Blood Pressure in Fitness Center Members at Osbond Gym Cempaka Putih
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Background: Members of fitness centers generally consume high-protein foods reaching 2 grams/kg or more, and are often accompanied by supplements such as creatinine. High protein intake in the long term will produce a metabolic burden that can cause impaired kidney function. Apart from creatinine, the effect of high protein intake that is directly felt by individuals with high activity is blood pressure.

Purpose: This study aims to determine the relationship between protein intake and creatinine levels and blood pressure in fitness members at Osbond Gym Cempaka Putih.

Method: This type of quantitative research uses a cross sectional design and uses the Non Probability Sampling technique. Sampling in this study used a purposive sampling technique and obtained a sample of 22 respondents, namely fitness members at Osbond Gym Cempaka Putih. Data analysis was performed using Pearson's correlation test for normally distributed data and Spearman's correlation test for abnormally distributed data. The test criteria are seen if the p-value is <0.05 , then H_a is accepted and H_o is rejected.

Results: All respondents (100%) in this study had been on a high-protein diet for more than 1 year. Most respondents aged between 26-35 years (40.9%) and 36-45 years (40.9%). Most respondents were men (68.2%). The majority of respondents did weightlifting (81.8%) with an average frequency of 367.73 minutes/week. The average respondent's protein intake was 212.7736 gram/day, the respondent's average body mass index was 25.33 kg/m², and the respondent's average creatinine level was 1.01 mg/dL. Most of the respondents had normal systolic (72.7%) and diastolic (68.2%) blood pressure.

Conclusion: There is no relationship between protein intake, BMI, and exercise with creatinine levels. There is a relationship between gender and creatinine levels. There is no relationship between protein intake, gender, BMI, and exercise with systolic and diastolic blood pressure.

Keywords: Protein Intake, Creatinine, Weightlifting, Member Fitness, Pressure