

ABSTRAK

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HUBUNGAN PENGETAHUAN, KONSUMSI PANGAN, SIKAP DAN PERILAKU TENTANG GIZI SEIMBANG TERHADAP STATUS GIZI PADA ATLET MARCHING BAND PON BANTEN DI PROVINSI BANTEN TAHUN 2016

6 Bab, 77 Halaman, 18 Table, 2 Lampiran

Latar belakang Prestasi olahraga yang menurun menjadi suatu keprihatinan bagi kondisi olahragawan profesional di Indonesia. Peranan gizi terutama olahraga profesional menuntut tenaga ahli yang terampil untuk menjaga status kebugaran dan status gizi atlet tersebut. Kementerian Kesehatan mencanangkan Pedoman Gizi Seimbang yang tidak semata-mata mencakup pesan tentang gizi dan makanan, tetapi juga olahraga dan air untuk mencegah dehidrasi.

Tujuan Penelitian Penelitian ini bertujuan untuk mengetahui hubungan pengetahuan, konsumsi pangan, sikap dan perilaku tentang gizi seimbang terhadap status gizi pada atlet *marching band* PON Banten di provinsi Banten tahun 2016.

Metode Penelitian Jenis penelitian ini merupakan penelitian deskriptif analitik dengan desain cross sectional. Pengambilan sampel dilakukan dengan metode total sampling, dengan jumlah sampel 24 orang. Jenis Data yang dikumpulkan yaitu data primer, dilakukan dengan menggunakan metode kuesioner, recall 24 jam dan pengukuran Antropometri (TB, BB) dan Data sekunder diperoleh diinstansi yang terkait, pengolahan dan analisis data dengan menggunakan program komputer yaitu SPSS versi 17, Nutrisurvey.

Hasil Penelitian Hasil penelitian disimpulkan bahwa ada hubungan antara pengetahuan ($P=0,004$), sikap ($P=0,008$), perilaku ($P=0,048$) dengan status gizi atlet *marching band*. Tidak ada hubungan asupan energi ($P=0,497$), asupan protein ($P=0,497$), asupan lemak ($P=0,392$) dan asupan karbohidrat ($P=0,718$) dengan status gizi atlet *marching band*. Dari hasil penelitian disarankan kepada atlet, mengkonsumsi makanan yang bervariasi dan tetap mengkonsumsi makanan sesuai kebutuhan sehari.

Kata Kunci : Pengetahuan, Konsumsi Pangan, Sikap, Perilaku, Status Gizi,Pedoman Gizi Seimbang

Daftar Bacaan : 37 (1990-2016)

ABSTRACT

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THE CORRELATION OF KNOWLEDGE, FOOD CONSUMPTION, ATTITUDE AND BEHAVIOURS ABOUT BALANCED NUTRITION AGAINST NUTRITIONAL STATUS ON ATHLETES OF MARCHING BAND OF PON BANTEN (NATIONAL SPORT EVENT) IN BANTEN PROVINCE 2016

(6 CHAPTERS, 77 PAGES, 18 TABLES, 2 APPENDICES)

Background : The decrease of sport achievement becomes a concern for condition of professional athletes in Indonesia. The role of nutrition especially for professional sport demands skilled experts to keep athletes' health and nutritional status. The Ministry of Health announced a balanced nutrition guidelines that not only includes the messages about nutritional and food, but also sport and water to avoid dehydration.

The objective of research : The objective of this research is to find out the correlation of knowledge, food consumption, attitude and behaviours about balanced nutrition against nutritional status on Marching Band athletes of PON (National Sport Event) Banten in Banten Province 2016

The method of research : This research is analytical descriptive research with cross sectional design. The technique of sampling used total sampling method with 24 persons as samples. The data of this research were primary data, it was collected by using questionnaires, recall 24 hours and anthropometry measurement (Height of Body), (Weight of Body), and secondary data was from related agencies. The processing and analyzing data used SPSS version 17, Nutrisurvey.

The result of research : Based on the result of this research, it can be concluded that there was correlation of knowledge ($p=0,004$), attitude ($p=0,008$), behaviours ($p=0,048$), attitude ($p=0,008$), behaviours ($p=0,048$) with nutritional status of athletes of marching band. There was not correlation of energy intake ($p=0,497$), protein intake ($p=0,497$), fat intake ($p=0,392$) and carbohydrates intake ($p=0,718$) with nutritional status of Marching Band athletes. From the result of this research, it can be suggested that the athletes should consume variety food that is suitable with the daily needs.

Keywords : Knowledge, food consumption, attitude, behaviour, nutritional status, a balanced nutrition guidelines.

References : 37 (1990-2016)