



ABSTRACT

ESA UNGGUL UNIVERSITY
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RAMACAHYA MAHARDIKA

RELATION ENERGY INTAKE AND MACRO NUTRIENT, SMOKING HABITS, ALCOHOL CONSUMPTION AND QUANTITY OF SLEEP TO FITNESS AND SHOOTING SKILLS OF BASKETBALL ATHLETE ASPAC JAKARTA

Xiv + 86 pages, 9 tables, 3 pictures, 8 attachment

BACKGROUND: Basketball is a sport with a high intensity that requires strength and resilience. Activities in the sport of basketball is a combination of aerobic activity and anaerobik and requires high energy. Basketball game need skills related to physical fitness, which is strength and muscle explosive power, speed and flexibility.

OBJECTIVE: Knowing the relationship of energy intake and macro-nutrients, smoking habits, alcohol consumption and quantity of sleep to fitness and relation fitness to shooting skills of basketball athlete basketball club Aspac Jakarta.

METHODS: This study is a quantitative cross-sectional design. Sampling using total sampling and sample size is 14 athlete basketball club Aspac Jakarta. Data were analyzed using Spearman correlation.

RESULTS: The median age, height and weight that is 25.5 years, 185.7 cm and Weight 85.2 kg. Basketball shooting skills athletes Aspac Jakarta obtained good category 35.7%, enough category 50.0% dan less category 14.2%. Average energy intake of athlete basketball Aspac Jakarta 2788.6 ± 433.3 kkal, protein 132.9 ± 38.2 g, fat 91.4 ± 28.04 g, carbohydrates 368.3 ± 62.4 g. Total of 28.5% athlete basketball Aspac Jakarta smoked. Total of 85.7% athlete basketball Aspac Jakarta consume alcohol. There is a significant relation between energy intake, protein, fat, carbohydrate to fitness. There is no significant relation between smoking habits, alcohol consumption and quantity of sleep to fitness. There is a significant relation between fitness to shooting skill.

CONCLUSION: The role of nutrition is very important to supporting the fitness, especially skills athlete in the field of sports. It was necessary to counseling and nutritional counseling to increase knowledge for coaches and athlete basketball Aspac Jakarta related sports nutrition.

Keywords : shooting skill, fitness, nutrition intake, smoking, alcohol, quantity of sleep, basketball

Read list : 60 (1989-2016)