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HUBUNGAN POLA KONSUMSI, STATUS HIDRASI, DAN STATUS GIZI TERHADAP TINGKAT KEBUGARAN JASMANI ATLET SILAT RAYON TALOHEN CABANG BARITO TIMUR

Skripsi. Program Studi S1 Gizi. 2021

Kebugaran merupakan kemampuan tubuh untuk melaksanakan suatu kegiatan dengan menggunakan kekuatan, daya kreasi, dan daya tahan dengan efisien dalam waktu yang relatif lama tanpa menimbulkan kelelahan yang berarti. Tujuan penelitian ini mengetahui hubungan pola konsumsi, status hidrasi, dan status gizi terhadap tingkat kebugaran jasmani atlet silat Rayon Talohen Cabang Barito Timur. Metode penelitian menggunakan metode analitik dengan pendekatan *cross sectional*. Populasi adalah seluruh atlet silat rayon talohen cabang Barito Timur yang berdomisili di Ampah Kota, sebanyak 32 orang dengan teknik pengambilan sampel secara total sampling sebanyak 32 orang. Instrumen penelitian ini yaitu kuesioner, formulir pola konsumsi, timbangan berat badan, *Microtoise*, PURI (Periksa *Urine* Sendiri) dan tes lari 12 menit sedangkan teknik analisa data dengan uji *Chi Square*. Dari hasil penelitian ini didapat bahwa mayoritas pola komsumsi baik sebanyak 26 responden (81,3%), status hidrasi baik sebanyak 25 responden (78,1%), status gizi normal sebanyak 24 responden (75%), tingkat kebugaran jasmani sangat baik sebanyak 15 responden (46,9%), pola konsumsi (p value = 0,000), status hidrasi (p value = 0,008), status gizi (p value = 0,008) terbukti memiliki hubungan dengan tingkat kebugaran jasmani atlet silat Rayon Talohen Cabang Barito Timur.

Kata Kunci: pola konsumsi, status hidrasi, status gizi, tingkat kebugaran jasmani

ABSTRACT

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THE RELATIONSHIP BETWEEN CONSUMPTION PATTERNS, HYDRATION STATUS, AND NUTRITIONAL STATUS ON THE LEVEL OF PHYSICAL FITNESS OF THE SILAT ATHLETES OF RAYON TALOHEN, EAST BARITO BRANCH

Undergraduate Thesis. Nutrition S1 Study Program. 2021

Fitness is the body's ability to carry out an activity using strength, creativity, and endurance efficiently in a relatively long time without causing significant fatigue. The purpose of this study was to determine the relationship between consumption patterns, hydration status, and nutritional status on the level of physical fitness of the silat athletes of Rayon Talohen, East Barito Branch. The research method uses analytical methods with a cross sectional approach. The population is all athletes of rayon talohen East Barito branch who live in Ampah Kota, as many as 32 people with a total sampling technique of 32 people. The research instruments are questionnaires, consumption pattern forms, weight scales, Microtoise, PURI (Check Urine Self) and a 12 minute running test, while the data analysis technique is the Chi Square test. From the results of this study, it was found that the majority of good consumption patterns were 26 respondents (81.3%), good hydration status were 25 respondents (78.1%), normal nutritional status was 24 respondents (75%), very good physical fitness level was 15 respondents (46.9%), The consumption patterns (p value = 0.000), hydration status (p value = 0.008), nutritional status (p value = 0.008) proven to have a relationship with the level of physical fitness of the silat athletes of Rayon Talohen East Barito Branch.