

**HUBUNGAN ASUPAN ZAT GIZI MAKRO, STATUS HIDRASI,
DAN AKTIVITAS FISIK DENGAN TINGKAT KEBUGARAN
JASMANI ATLET PENCAK SILAT DI WILAYAH
BANJARBARU**

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**PROGRAM STUDI S1 GIZI
SEKOLAH TINGGI ILMU KESEHATAN
HUSADA BORNEO BANJARBARU
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ABSTRAK

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HUBUNGAN ASUPAN ZAT GIZI MAKRO, STATUS HIDRASI, AKTIVITAS FISIK DENGAN TINGKAT KEBUGARAN JASMANI ATLET PENCAK SILAT DI WILAYAH BANJARBARU

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(xv + 63)

Kebutuhan zat gizi makro seperti protein, lemak dan karbohidrat sangat penting dalam menjaga keseimbangan dan kesehatan tubuh serta kebugaran. Pemenuhan asupan air dan aktivitas fisik sangat penting untuk performa olahraga dan salah satu faktor dari kebugaran jasmani. Penelitian ini bertujuan untuk menganalisis hubungan asupan zat gizi makro, status hidrasi, dan aktivitas fisik dengan tingkat kebugaran jasmani atlet pencak silat di wilayah Banjarbaru. Penelitian observasional analitik ini menggunakan desain *cross-sectional* dan melibatkan 30 atlet pencak silat diambil menggunakan teknik *total sampling*. Instrumen penelitian adalah kuesioner, formulir *food recall* 24 jam, Periksa Urin Sendiri (PURI), kuesioner aktivitas fisik, dan tes lari 12 menit. Data dianalisis menggunakan uji *Rank Spearman*. Hasil penelitian ini menunjukkan bahwa sebagian besar atlet memiliki asupan protein, lemak, karbohidrat kategori defisit, status hidrasi kategori sedang dan aktivitas fisik kategori sangat ringan. Dapat disimpulkan bahwa asupan zat gizi makro yaitu protein ($p=0,264$), lemak ($p=0,643$), karbohidrat ($p=0,101$) dan status hidrasi ($p=0,264$) tidak berhubungan dengan tingkat kebugaran jasmani atlet pencak silat sedangkan aktivitas fisik ($p=0,010$) berhubungan dengan tingkat kebugaran jasmani atlet pencak silat. disarankan Atlet tetap memperhatikan asupan zat gizi makro dan status hidrasi sesuai kebutuhan karena juga berperan penting terhadap kebugaran selain dari aktivitas fisik.

Kata Kunci: Aktivitas fisik, status hidrasi, tingkat kebugaran jasmani, zat gizi makro

ABSTRACT

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THE RELATION OF INTAKE MACRONUTRIENTS, HYDRATION STATUS, AND PHYSICAL ACTIVITY TO PHYSICAL FITNESS LEVEL OF PENCAK SILAT ATHLETES IN THE BANJARBARU AREA

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Macronutrients such as protein, fat and carbohydrates are essential in maintaining body balance and health and fitness. Fullfillment water intake and physical activity are very important for sports performance and one of the factors of physical fitness. This study aims to analyze the relation of macronutrient intake, hydration status and physical activity with the physical fitness level of pencak silat athletes in the Banjarbaru area. This analytical observational study used a cross-sectional design and involved 30 pencak silat athletes who were taken using a total sampling technique. The research instruments were a questionnaire, a 24-hour food recall forms, a self-urine (PURI), physical activity questionnaire, and 12-minute running test. Data were analyzed using the Spearman Rank test. The results of this study indicated that most athletes have a deficit category of protein, fat, carbohydrate intake, hydration status was in moderate category and very light physical activity category. It can be concluded that macronutrient intake, namely protein ($p=0.264$), fat ($p=0.643$), carbohydrates ($p=0.101$) and hydration status ($p=0.264$) are not related to the level of physical fitness of pencak silat athletes, while physical activity ($p =0.010$) is related to the level of physical fitness of pencak silat athletes. It is recommended that athletes continue to pay attention to macronutrient intake and hydration status as needed because they also play an important role in fitness apart from physical activity.

Keywords: *Physical activity, hydration status, level of physical fitness, macronutrients*