

HUBUNGAN ASUPAN MAKAN DAN AKTIVITAS FISIK DENGAN PERFORMA ATLET WEIGHT SPORT DI SMAN OLAHRAGA (SMANOR) JAWA TIMUR

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INTISARI

Latar belakang: *Weight sport* merupakan salah satu cabang olahraga yang memerlukan komponen kecepatan, kekuatan, fleksibilitas, dan ketahanan. Kecukupan asupan makan pada atlet diperlukan sebagai sumber cadangan energi selama berlatih, bertanding, maupun saat pemulihan. Aktivitas fisik dengan porsi yang cukup dapat meningkatkan ketahanan dan kebugaran kardiorespirasi. Kebugaran dan ketahanan fisik yang kuat dapat mendukung performa atlet selama bertanding sehingga dapat memberikan hasil yang maksimal. **Tujuan penelitian:** Mengetahui hubungan antara asupan makan dengan tingkat performa fisik serta hubungan antara tingkat aktivitas fisik dengan performa fisik atlet *weight sport* di SMA Negeri Olahraga (SMANOR) Jawa Timur. **Metode penelitian:** Penelitian ini dilakukan dengan rancangan model penelitian *cross sectional* dengan jumlah sampel sebanyak 50 orang yang dipilih melalui *purposive sampling* dan pertimbangan kriteria inklusi serta eksklusi. Analisis statistik yang digunakan untuk melihat hubungan antar variabel adalah *Pearson Correlation Test*. **Hasil penelitian:** Hasil analisis korelasi *Pearson* menunjukkan hubungan antara asupan makan dengan performa fisik atlet *weight sport* SMANOR Jawa Timur memiliki nilai signifikansi sebesar $p=0,443$. Analisis hubungan tingkat aktivitas fisik dengan performa fisik atlet *weight sport* SMANOR Jawa Timur menggunakan uji *Pearson* memiliki nilai signifikansi $p=0,641$. **Kesimpulan:** Tidak terdapat hubungan yang signifikan antara asupan makan dengan performa fisik (VO_2Max) atlet *weight sport* SMANOR Jawa Timur serta tidak terdapat hubungan yang signifikan antara tingkat aktivitas fisik dengan performa fisik atlet *weight sport* SMANOR Jawa Timur.

Kata kunci: *Asupan Makan, Aktivitas Fisik, Performa, VO_2Max , Weight Sport*

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CORRELATION BETWEEN FOOD INTAKE AND PHYSICAL ACTIVITY WITH PERFORMANCE OF WEIGHT SPORT ATHLETES AT SMAN OLAHRAGA (SMANOR) EAST JAVA

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ABSTRACT

Background: Weight sport is a sport that requires components of speed, strength, flexibility, and endurance. Adequate food intake in athletes is needed as a source of energy reserves during training, competing, and during recovery. Physical activity with sufficient portions can increase endurance and cardiorespiratory fitness. Strong physical fitness and endurance can support athletes' performance during competition so that they can provide maximum results. **Objective:** To determine the correlation between food intake and physical performance level and also the correlation between physical activity level and physical performance of weight sport athletes at SMA Negeri Olahraga (SMANOR) East Java. **Methods:** This study used a cross-sectional design with 50 selected people sample through purposive sampling method and consideration of inclusion and exclusion criteria. Pearson Correlation test was used as statistical analysis to see the correlation between variables. **Result:** Pearson correlation analysis showed that correlation between food intake and physical performance of weight sport athletes at SMANOR East Java has a significance value $p=0,443$. Analysis correlation between the level of physical activity and the physical performance (VO_2Max) of weight sport athletes at SMANOR East Java using Pearson test has a significant value of $p=0,641$. **Conclusion:** There is no significant relationship between food intake and the level of physical performance of weight sport athletes at SMANOR East Java. There is no significant relationship between the level of physical activity and the physical performance of weight sport athletes at SMANOR East Java.

Keyword: *Food Intake, Physical Activity, Performance, VO_2Max , Weight Sport*

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