

## PENGARUH PENDAMPINGAN AHLI GIZI TERHADAP STATUS GIZI DAN PERFORMA ATLET SEPAK TAKRAW DI SMAN OLAHRAGA SIDOARJO

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### INTISARI

**Latar Belakang:** Sepak takraw tergolong sebagai *high-impact team sport*. Tuntutan terhadap kemampuan olahraga yang tinggi mengakibatkan atlet sering kelelahan dan performa menurun. Permasalahan ini sering dikaitkan dengan masalah gizi. Sebagai tenaga keolahragaan, ahli gizi berperan dalam memberikan asuhan gizi kepada atlet. Namun, keberadaannya belum maksimal di beberapa tempat pembinaan atlet di Indonesia. Untuk itu, diperlukan adanya pendampingan ahli gizi di pusat pelatihan keolahragaan untuk memaksimalkan prestasi atlet.

**Tujuan:** Mengetahui pengaruh pendampingan ahli gizi terhadap status gizi dan performa atlet sepak takraw di SMAN Olahraga Sidoarjo.

**Metode:** Penelitian ini merupakan penelitian *pre-experimental* dengan pendekatan *one group pre-post test without control*. Subjek penelitian sebanyak 27 atlet sepak takraw di SMAN Olahraga Sidoarjo. Subjek diberikan intervensi pendampingan ahli gizi selama 3 minggu melalui edukasi gizi, konseling gizi, dan pendampingan makan. Pengukuran status gizi menurut IMT/U dan persentase lemak tubuh serta performa atlet ( $VO_{2max}$ ) dilakukan untuk mengetahui adanya perbedaan yang signifikan.

**Hasil:** Penelitian ini menunjukkan adanya penurunan yang signifikan terhadap IMT/U (*pre*=  $-0,26 \pm 0,52$  dan *post*=  $-1,23 \pm 0,55$ ,  $p = 0,000$ ), peningkatan yang tidak signifikan pada persentase lemak tubuh laki-laki (*pre*=  $13,06 \pm 2,22$  dan *post*=  $13,44 \pm 1,70$ ,  $p = 0,162$ ), peningkatan yang signifikan pada persentase lemak tubuh perempuan (*pre*=  $22,54 \pm 2,25$  dan *post*=  $23,47 \pm 1,91$ ,  $p = 0,028$ ), dan tidak ada perbedaan yang signifikan pada performa atlet (*pre*=  $46,82 \pm 6,22$  dan *post*=  $46,34 \pm 5,36$ ,  $p = 0,360$ ) setelah diberikan intervensi pendampingan ahli gizi selama 3 minggu.

**Kesimpulan:** Pendampingan ahli gizi memiliki pengaruh yang signifikan terhadap status gizi menurut IMT/U dan persentase lemak tubuh pada perempuan, tetapi tidak pada status gizi menurut persentase lemak tubuh pada laki-laki dan performa atlet sepak takraw di SMAN Olahraga Sidoarjo.

**Kata kunci:** ahli gizi olahraga, atlet sepak takraw, status gizi, dan performa atlet

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## THE EFFECT OF NUTRITION INTERVENTIONS BY A SPORT DIETITIAN ON NUTRITIONAL STATUS AND PERFORMANCE OF SEPAK TAKRAW PLAYERS IN THE STATE SENIOR HIGH SCHOOL FOR SPORTS (SMANOR) SIDOARJO

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### ABSTRACT

**Background:** Sepak takraw is classified as a high-impact team sport. The demand for high sports abilities causes athletes to often feel tired and decreased in performance. This problem is often associated with nutritional problems. A dietitian plays a role in providing nutritional care to athletes. For this reason, it is necessary to provide nutrition interventions by dietitians to maximize athlete performance.

**Purpose:** To determine the effect of nutrition intervention by a sports dietitian on the nutritional status and performance of sepak takraw players in SMANOR Sidoarjo.

**Methods:** This research is a pre-experimental study with a one-group pre-post test without control design. This research involved 27 sepak takraw players from SMANOR Sidoarjo. Subjects were given nutrition interventions by a sports dietitian which consisted of nutrition education, nutrition counseling, and food assistance for one month. Measurement of nutritional status according to BMI-for-age and body fat percentage and athlete performance was carried out to determine the significant difference.

**Results:** This study showed a significant decrease in BMI-for-age (pre=  $-0.26 \pm 0.52$  and post=  $-1.23 \pm 0.55$ ,  $p= 0.000$ ), an insignificant increase in the male body fat percentage (pre=  $13.06 \pm 2.22$  and post=  $13.44 \pm 1.70$ ,  $p= 0.162$ ), a significant increase in the female body fat percentage (pre=  $22.54 \pm 2.25$  and post=  $23.47 \pm 1.91$ ,  $p= 0.028$ ), and there was no significant difference in the athletes performance (pre =  $46.82 \pm 6.22$  and post =  $46.34 \pm 5.36$ ,  $p= 0.360$ ) being given nutrition interventions by a dietitian for 3 weeks.

**Conclusion:** Nutrition interventions by a dietitian have a significant effect on nutritional status according to BMI-for-age and female body fat percentage, but not on male body fat percentage and the performance of sepak takraw players in SMANOR Sidoarjo.

**Keywords:** a sports dietitian, sepak takraw player, nutritional status, athlete's performance

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