

INTISARI

PENGARUH PENDAMPINGAN AHLI GIZI TERHADAP PENGETAHUAN GIZI DAN KOMPOSISI TUBUH ATLET VOLI PANTAI DI SMAN OLAHRAGA JAWA TIMUR

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Latar Belakang: Prestasi atlet voli pantai Indonesia masih belum maksimal terutama di tingkat internasional. Faktor gizi diketahui berperan signifikan sebesar 69,8% terhadap performa atlet. Pengetahuan gizi dan komposisi tubuh merupakan aspek penting dalam menunjang performa atlet. Berbagai studi menunjukkan masih terdapat masalah gizi pada atlet voli pantai. Namun, belum terdapat penelitian yang membahas pengaruh pendampingan ahli gizi pada atlet voli pantai.

Tujuan Penelitian: Mengetahui pengaruh pendampingan ahli gizi terhadap pengetahuan gizi dan komposisi tubuh atlet voli pantai.

Metode: Penelitian ini merupakan quasi experimental dengan rancangan *one-group pretest-posttest design*. Sebanyak 13 subjek dalam satu kelompok diberikan intervensi selama 4 minggu berupa pendampingan ahli gizi yang meliputi edukasi gizi, konseling, pendampingan makan, dan pendampingan latihan.

Hasil: Tidak terdapat perubahan yang bermakna ($p > 0,05$) pada pengetahuan gizi dan persentase massa lemak setelah intervensi pendampingan ahli gizi tetapi terdapat penurunan yang bermakna ($p < 0,05$) pada persentase massa bebas lemak seluruh tubuh ($p = 0,045$) dan area kaki ($p = 0,024$).

Kesimpulan: Pendampingan ahli gizi tidak berpengaruh terhadap perubahan pengetahuan gizi dan persentase massa lemak, tetapi berpengaruh terhadap penurunan massa bebas lemak seluruh tubuh dan area kaki.

Kata Kunci: Pendampingan Ahli Gizi, Pengetahuan Gizi, Komposisi Tubuh

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ABSTRACT

EFFECT OF NUTRITIONIST ASSISTANCE ON NUTRITION KNOWLEDGE AND BODY COMPOSITION OF BEACH VOLLEYBALL ATHLETES IN SMAN OLAHRAGA JAWA TIMUR

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Background: The achievements of Indonesian beach volleyball are still not optimal, especially at international level. Nutritional factors are known to play a role of 69.8% of the athlete's performance. Nutrition knowledge and body composition is an important aspect in supporting athlete performance. Previous studies have shown that there are still nutritional problems in beach volleyball athletes. However, there is no research that discusses the effect of nutritionist assistance on beach volleyball athletes.

Aim: Determine the effect of nutritionist assistance on nutritional knowledge and body composition of beach volleyball athletes.

Methods: This is a quasi-experimental one-group pretest-posttest design. 13 subjects were given a nutritionist assistance included nutrition education, counseling, food assistance, and exercise assistance for 4 weeks.

Results: There was no significant change ($p > 0.05$) in nutrition knowledge and percentage of fat mass after the intervention of nutritionist assistance but there was a significant decrease ($p < 0.05$) in the percentage of fat-free mass on whole body ($p = 0.045$) and legs ($p = 0.024$).

Conclusion: Nutritionist assistance did not affect changes in nutrition knowledge and fat mass percentage, but did affect the decrease in fat-free mass on whole body and legs.

Key Words: Nutritionist Assistance, Nutrition Knowledge, Body Composition

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