UNIVERSITAS GADJAH MADA
Hubungan Frekuensi Konsumsi Telur terhadap Massa Otot dan Massa Lemak pada Atlet Weight Sport Non-Combat di Daerah Istimewa Yogyakarta
Nadaa Fajrotun Nuha, Dr. Mirza Hapsari Sakti Titis Penggalih, S.Gz, RD, MPH; Yosephin Anandati Pranoto, S.Gz., M
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

HUBUNGAN FREKUENSI KONSUMSI TELUR TERHADAP MASSA OTOT DAN MASSA LEMAK PADA ATLET *WEIGHT SPORT NON COMBAT* DI DAERAH ISTIMEWA YOGYAKARTA

Nadaa Fajrotun Nuha[1] , Mirza Hapsari Sakti Titis Penggalih[2], Yosephin Anandati Pranoto[3]

INTISARI

Latar belakang: Atlet *weight sport non-combat* memerlukan massa otot yang optimal dan massa lemak yang terkontrol untuk menunjang performa. Telur merupakan sumber protein hewani berkualitas tinggi yang banyak dikonsumsi atlet karena mengandung asam amino esensial, terutama leusin, yang berperan dalam sintesis protein otot. Meskipun demikian, bukti mengenai hubungan konsumsi telur dalam pola makan sehari-hari dengan komposisi tubuh atlet masih terbatas, terutama pada atlet *weight sport non-combat*.

Tujuan penelitian: Mengetahui hubungan antara frekuensi konsumsi telur terhadap massa otot serta hubungan antara frekuensi konsumsi telur terhadap massa lemak atlet *weight sport non combat* di Daerah Istimewa Yogyakarta.

Metode penelitian: Penelitian ini dilakukan dengan rancangan model penelitian *cross sectional* dengan jumlah sampel sebanyak 51 orang yang dipilih melalui *purposive sampling* dan pertimbangan kriteria inklusi dan eksklusi. Analisis yang digunakan untuk melihat hubungan antar variabel adalah *Spearman Rank Test.*

Hasil penelitian: Hasil korelasi *Spearman Rank* menunjukkan hubungan antara asupan telur dengan persentase massa otot atlet *weight sport non-combat* di Daerah Istimewa Yogyakarta memiliki nilai signifikansi p=0,184. Analisis hubungan antara asupan telur dengan massa lemak atlet *weight sport non-combat* di Daerah Istimewa Yogyakarta menggunakan uji *Spearman Rank* memiliki nilai signifikansi p=461.

Kesimpulan: Tidak terdapat hubungan yang signifikan antara asupan telur dengan massa otot atlet *weight sport non-combat* di DIY serta tidak terdapat hubungan yang signifikan antara asupan telur dengan massa lemak atlet *weight sport non-combat* di DIY. Penelitian selanjutnya disarankan menggunakan jumlah subjek yang lebih besar serta mempertimbangkan faktor-faktor yang memengaruhi komposisi tubuh, seperti fase latihan, total asupan protein, dan penggunaan suplemen.

Kata kunci: *asupan telur, massa otot, massa lemak, protein, weight sport non-combat*

[1]Mahasiswa S1 Gizi Kesehatan, Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan (FK-KMK), Universitas Gadjah Mada

[2]Pengajar S1 Gizi Kesehatan, Fakultas Kedokteran, Kesehatan Masyarakat, dan Keperawatan (FK-KMK), Universitas Gadjah Mada

Hubungan Frekuensi Konsumsi Telur terhadap Massa Otot dan Massa Lemak pada Atlet Weight Sport
Non-Combat di Daerah Istimewa Yogyakarta
Nadaa Fajrotun Nuha, Dr. Mirza Hapsari Sakti Titis Penggalih, S.Gz, RD, MPH; Yosephin Anandati Pranoto, S.Gz., M
Universitas Gadjah Mada, 2026 | Diunduh dari http://etd.repository.ugm.ac.id/

THE ASSOCIATION BETWEEN EGG CONSUMPTION FREQUENCY AND MUSCLE MASS AND FAT MASS AMONG NON-COMBAT WEIGHT SPORT ATHLETES IN THE SPECIAL REGION OF YOGYAKARTA

Nadaa Fajrotun Nuha[1] , Mirza Hapsari Sakti Titis Penggalih[2], Yosephin Anandati Pranoto[3]

ABSTRACT

Backgrounds: Non-combat weight sport athletes require optimal muscle mass and controlled fat mass to support athletic performance. Eggs are a high-quality source of animal protein that is widely consumed by athletes because they contain essential amino acids, particularly leucine, which plays an important role in muscle protein synthesis. However, evidence regarding the association between habitual egg consumption and body composition among athletes remains limited, particularly in non-combat weight sport athletes.

Objective: To determine the association between egg consumption frequency and muscle mass, as well as the association between egg consumption frequency and fat mass among non-combat weight sport athletes in the Special Region of Yogyakarta.

Methods: This study employed a cross-sectional design involving 51 participants selected through purposive sampling based on predetermined inclusion and exclusion criteria. The association between variables was analyzed using the Spearman's rank correlation test.

Results: The results of the Spearman's rank correlation test showed that the association between egg consumption and muscle mass percentage among non-combat weight sport athletes in the Special Region of Yogyakarta was not statistically significant ($p = 0.184$). Likewise, the association between egg consumption and fat mass percentage was also not statistically significant ($p = 0.461$).

Conclusion: There was no significant association between egg consumption and muscle mass among non-combat weight sport athletes in the Special Region of Yogyakarta. In addition, no significant association was found between egg consumption and fat mass among non-combat weight sport athletes in the Special Region of Yogyakarta.

Keywords: *egg consumption, muscle mass, fat mass, protein, non-combat weight sport*

[1]Undergraduate Student of Departement of Health Nutrition, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada

[2]Departement of Health Nutrition, Faculty of Medicine, Public Health, and Nursing, Universitas Gadjah Mada