

PERBANDINGAN LATIHAN FISIK DAN SOMATOTYPE PADA COMBAT SPORT

INTISARI

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Latar Belakang : Bentuk tubuh/*somatotype* spesifik pada *combat sport* menjadi faktor penting yang mempengaruhi performa atlet. Adaptasi untuk latihan yang dikembangkan selama pelatihan dan proses seleksi telah menghasilkan penurunan keragaman somatotype. Pelatihan perlu direncanakan dengan baik untuk memungkinkan atlet mencapai puncak kemampuan fisik dan teknis selama kompetisi.

Tujuan : Mengetahui profil *somatotype* dan pola latihan fisik antar cabang olahraga pada *combat sport*

Metode: Penelitian *cross sectional* yang dilakukan di gelanggang mahasiswa UGM pada bulan November-Desember 2018 dengan total subjek 76 mahasiswa dari 6 cabang UKM UGM yaitu Perisai Diri, Merpati Putih, Judo, Kempo, Karate, Taekwondo. Pengukuran antropometri untuk mengetahui *somatotype*, frekuensi dan durasi latihan fisik diketahui dari pengisian formulir, dan asupan makan dengan SQ-FFQ.

Hasil: Rerata *somatotype* perisai diri yaitu 3,52 – 3,52 – 2,56 tergolong central; merpati putih 3,02 – 4,28 – 2,93 central; judo 3,96 – 4,34 – 2,46 *mesomorph-endomorph*; kempo 3,87 – 5,07 – 1,74 *endomorph mesomorph*; karate 2,96 – 3,60 – 6,07 *balanced ectomorph*; taekwondo 2,67 – 4,38 – 2,38 *balanced mesomorph*.

Frekuensi latihan setiap cabang UKM berbeda-beda setiap minggunya, perisai diri 1-5 kali, merpati putih 2-4 kali, judo 1-5 kali, kempo 1-5 kali, karate 1-3 kali, dan taekwondo 2 kali. Komponen lain yaitu durasi latihan memiliki rentang yang hampir sama pada setiap cabang UKM yaitu 2 jam.

Kesimpulan: Terdapat perbedaan untuk komponen latihan fisik yaitu frekuensi latihan dan tidak ada perbedaan profil *somatotype* pada UKM combat sports.

Kata Kunci: *Somatotype*, latihan fisik, asupan makan, *combat sport*.

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COMPARISON OF TRAINING AND SOMATOTYPE ON COMBAT SPORT

ABSTRACT

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Background: Specific somatotype in combat sport are important factors that influence athletes' performance. Adaptation to exercises, developed during training and the selection process has resulted in a decrease in somatotype variations. Training needs to be well planned to achieve peak physical and technical abilities during the competition.

Objective: To determine the profile of somatotype and training between each sport in combat sport.

Method: This study was a cross-sectional design. The study was conducted in Gelanggang Mahasiswa UGM in November-December 2018 with a total subject were 76 athletes from 6 group (Perisai Diri, Merpati Putih, Judo, Kempo, Karate, and Taekwondo). Anthropometric measurements to determine the somatotype, frequency and duration of physical exercise are known from a questionnaire, and food intake with SQ-FFQ.

Result: The mean somatotype of perisai diri was 3.52 - 3.52 - 2.56 is central; merpati putih was 3.02 - 4,28 - 2,93 central; judo 3.96 - 4,34 - 2,46 mesomorph-endomorph; kempo 3.87 - 5,07 - 1,74 endomorphic mesomorph; karate 2.96 - 3.60 - 6.07 balanced ectomorph; taekwondo 2.67 - 4 38 - 2,38 balanced mesomorph. The frequency of training for each sport of the UKM varies each week, perisai diri was 1-5 times, merpati putih was 2-4 times, judo was 1-5 times, kempo was 1-5 times, karate was 1-3 times, and taekwondo was 2 times. Another component, namely the duration of training, has almost the same range in each sport was 2 hours.

Conclusion: There was a significant difference in the component of training, namely the frequency of training and there was no significant difference in somatotype profiles in combat sports.

Keyword: Combat Sport, Somatotype, Training, Food Intake.

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