UNIVERSITAS
GADJAH MADA
PENGARUH PEMBERIAN JUS BUAH BIT (Beta vulgaris L.) TERHADAP KADAR MALONDIALDEHID ATLET SEPAKBOLA REMAJA DI AJI SANTOSO INTERNATIONAL FOOTBALL ACADEMY (ASIFA) MALANG
DWI ARYO PRIHADI, Dr. dr. Zaenal M. Sofro, AIFM, Sports&Circ.Med; Dr. Mirza Hapsari STP, S.Gz., RD., M.P
Universitas Gadjah Mada, 2019 | Diunduh dari http://etd.repository.ugm.ac.id/

DAFTAR PUSTAKA

Abdel-Fattah NSA, Shaheen MA, Ebrahim AA, Okda EI. 2008. *Tissue and Blood Superoxide Dismutase*. Br J Dermatol

Anam Choirul, Kawiji, Rizki Dwi Setiawan. 2013. *Kajian Karakteristik Fisik Dan Sensori Serta Aktivitas Antioksidan Dari Granul Effervescent Buah Bit (Beta Vulgaris) Dengan Perbedaan Metode Granulasi Dan Kombinasi Sumber Asam*. Universitas Sebelas Maret. Surakarta.

Andarwulan, N. dan Fitri, F., 2012, Pewarna Alami Untuk Pangan, 24, SEAFAST Center, Institut Pertanian Bogor, Bogor.

Anderson, L.; Orme, P.; Di Michele, R.; Close, G.L.; Morgans, R.; Drust, B.; dan Morton, J.P. (2016). *Quantification of Training Load During One-, Two- and Three-Game Week Schedules in Professional Soccer Players from the English Premier League: Implications for Carbohydrate Periodisation.* Journal of Sports Science. 34, 1250–1259

Anderson, L.; Orme, P.; Naughton, R.J.; Close, G.L.; Milsom, J.; Rydings, D.; O'Boyle, A.; Di Michele, dan R Potgieter, S. (2017). *Sport Nutrition: A Review of the Latest Guidelines for Exercise and Sport Nutrition from the American College of Sport Nutrition, the International Olympic Committee and the International Society for Sports Nutrition.* African Journal of Clinical Nutrition. 26: 6–16

Amirkhizi F, Siassi F, Minaie S, Djalali M, Rahimi A, Chamari M. *Is obesity associated with increased plasma lipid peroxidation and oxidative stress in women*. ARYA Atherosclerosis Journal 2007;2(4):189-92

Atashak, S. dan H. Sarafi. 2013. *Plasma Malondialdehyd Response To Aerobic Exercise After T. Polium Supplementation*. European Journal of Experimental Biology.

UNIVERSITAS
GADJAH MADA
PENGARUH PEMBERIAN JUS BUAH BIT (Beta vulgaris L.) TERHADAP KADAR MALONDIALDEHID ATLET SEPAKBOLA REMAJA DI AJI SANTOSO INTERNATIONAL FOOTBALL ACADEMY (ASIFA) MALANG
DWI ARYO PRIHADI, Dr. dr. Zaenal M. Sofro, AIFM, Sports&Circ.Med; Dr. Mirza Hapsari STP, S.Gz., RD., M.P
Universitas Gadjah Mada, 2019 | Diunduh dari http://etd.repository.ugm.ac.id/

Augustsson, Sofia Ryman. 2009. *Strength for Physical Performance and Injury Prevention in Sports, Individualised and Supervised Training for Female Athlete*. Sweden: Institute of Neuroscience and Physiology/Physiotherapy, University of Gothenburg

Babaee, F., Leila S., Behzad Z., Shaghayegh H.J. 2015. *Cytoprotective Effect of Hydroalcoholic Extract of Pinus eldarica Bark against H2O2-Induced Oxidative Stress in Human Endothelial Cells*. Iranian Biomedical Journal

Balahoroğlu, R., Haluk D., Hanefi Ö., İrfan B., Mehmet R. Ş. 2008. *Protective Effects of Antioxidants on The Experimental Liver And Kidney Toxicity In Mice*. Eur J Gen Med

Bangsbo, Jens. 2003. *Physiology of Training dalam Science and Soccer*. Editor oleh Thomas Reilly. UK: Spon Press Taylor & Francis Group

Bastinus NM. 2011. *Bahan Ajar 3 Dasar Latihan Olahraga Prestasi*.

Burke, L.M.; Hawley, J.A.; Wong, S.H.; Jeukendrup, A.E. (2011). *Carbohydrates for Training and Competition.* Journal of Sports Science. 29, S17–S27

Chevion, S., Moran, D. S., Heled, Y., Shani, Y., Regev, G., Abbou, B., … Epstein, Y. (2003). Plasma antioxidant status and cell injury after severe physical exercise, *100*(9), 5119–5123.

Clemens Roger. 2011. *Nutrition's Contribution to Performance in Sport Realities and Myth*. IFT. Collaborating for Health.

Cruz-Mejía, Saytin, Henri Hamil Durán López, Mónica Navarro Meza, Irene Xochihua Rosas, Sol de la Peña and Omar Elind Arroyo Helguera. (2016). Nutrición Hospitalaria Trabajo Original. *Nutr Hosp*, *33*(4), 832–837.

Depkes RI (Departemen Kesehatan Republik Indonesia). 2002. *Gizi Atlet Sepakbola*, Jakarta : Departemen Kesehatan RI, Direktorat Jenderal Bina Kesehatan Masyarakat, Direktorat Gizi Masyarakat.

UNIVERSITAS
GADJAH MADA
PENGARUH PEMBERIAN JUS BUAH BIT (Beta vulgaris L.) TERHADAP KADAR MALONDIALDEHID ATLET SEPAKBOLA REMAJA DI AJI SANTOSO INTERNATIONAL FOOTBALL ACADEMY (ASIFA) MALANG
DWI ARYO PRIHADI, Dr. dr. Zaenal M. Sofro, AIFM, Sports&Circ.Med; Dr. Mirza Hapsari STP, S.Gz., RD., M.P
Universitas Gadjah Mada, 2019 | Diunduh dari http://etd.repository.ugm.ac.id/

G, Dietrich M, Norkus EP, Morrow JD, Hudes Block M, Caan B, Packer L. Factors Associated with Oxidative Stress in Human Populations. Am J Epidemiol. 2002;156(3):274-85.

Grams, L., Garrido, G., Villacieros, J., & Ferro, A. (2016). Marginal micronutrient intake in high-performance male wheelchair basketball players: A dietary evaluation and the effects of nutritional advice. *PLoS ONE*, *11*(7), 1–13. https://doi.org/10.1371/journal.pone.0157931

Halliwell B. 2006. *Reactive Species and Antioxidant: Redox Biology is A Fundamental Theme of Aerobic Life*. Plant Physiology

Halliwell, B., and Gutteridge, J.M.C. 2007. *Cellular Response To Oxodative Stress: Adaptation, Damage, Repair, Senescence and Death*. Free Radicals in Biology and Medicine. London: Oxford University Press

Hernandez A. J. and Nahas R. M. (2009) *Modificac¸o˜es diete´ticas, reposic¸a˜ohı´drica, suplementos alimentares e drogas: compro-vac¸a˜odeac¸a˜o ergogeˆnica e potenciais riscos para a sau´de*. Brazilian Journal of Sports Medicine 15(3): 1–12.

Hidayati, A. O., Lestariana, W., & Huriyati, E. (2012). Efek ekstrak teh hijau (Camellia sinensis (L .) O . Kuntze var . assamica) terhadap berat badan dan kadar malondialdehid wanita overweight. *Jurnal Gizi Klinik Indonesia*, *9*(1), 41–48.

Higashi, Y., Sasaki, S., Nakagawa, K., Kimura, M., Noma, K., Sasaki, S., … Yoshizumi, M. (2003). Low body mass index is a risk factor for impaired endothelium-dependent vasodilation in humans: Role of nitric oxide and oxidative stress. *Journal of the American College of Cardiology*, *42*(2), 256–263. https://doi.org/10.1016/S0735-1097(03)00630-2

UNIVERSITAS
GADJAH MADA
PENGARUH PEMBERIAN JUS BUAH BIT (Beta vulgaris L.) TERHADAP KADAR MALONDIALDEHID ATLET SEPAKBOLA REMAJA DI AJI SANTOSO INTERNATIONAL FOOTBALL ACADEMY (ASIFA) MALANG
DWI ARYO PRIHADI, Dr. dr. Zaenal M. Sofro, AIFM, Sports&Circ.Med; Dr. Mirza Hapsari STP, S.Gz., RD., M.P
Universitas Gadjah Mada, 2019 | Diunduh dari http://etd.repository.ugm.ac.id/

Intan Watulinga, Jornan J. V. Rampengan, Hedison Polii. 2013. *Pengaruh Latihan Fisik Aerobik Terhadap VO2 Max Pada Mahasiswa Pria Dengan Berat Badan Lebih (Overweight)*. Jurnal e-Biomedik

Irawan, M. Anwari. 2007. *Cairan, Karbohidrat, dan Performa Sepakbola*. Sports Science Brief Vol. 01 No. 05

Jang, Yoon Young., Song, Jin Ho., Shin, Yong Kyoo.,Han,Euk Soon., Lee, Chung Soo. (2000). *Protective Effect Of Boldine On Oxidative Mitochondrial Damage In Streptozotocin-Induced Diabetic Rats*. Pharmacological Research, 42(4), 361- 371.

Jamilah B, Shu CE, Kharidah M, Dzulkifly MA, Noranizan A. 2011. *Physicochemical characteristics of red pitaya (Hylocereus polyrhizus) peel*. International Food Research Journal, 18: 279-286.

Katch, Victor L., William D. McArdle, dan Frank L. Katch. 2011. *Essentials of Exercise Physiology*, Fouth Edition. China: Lippincott Williams & Wilkins

Kevin C, Kregel, Hannah J, Zhang. 2006. *An Integrated View of Oxidative Stress in aging: Basic Mechanisms, Functional Effects, and Pathological Considerations*. Am J Physiol Regul Integr Comp Physiol.

Khajehnasiri F, Mortazavi SB, Allameh A, Akhondzadeh S, & Hashemi H. (2013). Total antioxidant capacity and malondialdehyde in depressive. *Journal Of Environmental & Public Health*, *2013*.

Khan, Mohammad Imtiyaj. (2015*). Plant Betalains: Safety, Antioxidant Activity, Clinical Efficacy, and Bioavailability.* Comprehensive Review in Food Science and Food Review Vol.15. Institute of Food Technologists. doi: 10.1111/1541-4337.12185

Latief, Dini. 2000. *Pedoman Pelatihan Gizi Olahraga untuk Berprestasi*. Jakarta; Depkes RI

UNIVERSITAS
GADJAH MADA
PENGARUH PEMBERIAN JUS BUAH BIT (Beta vulgaris L.) TERHADAP KADAR MALONDIALDEHID ATLET SEPAKBOLA REMAJA DI AJI SANTOSO INTERNATIONAL FOOTBALL ACADEMY (ASIFA) MALANG
DWI ARYO PRIHADI, Dr. dr. Zaenal M. Sofro, AIFM, Sports&Circ.Med; Dr. Mirza Hapsari STP, S.Gz., RD., M.P
Universitas Gadjah Mada, 2019 | Diunduh dari http://etd.repository.ugm.ac.id/

Lie Jin,dkk. 2012. *Phenolic Compound and Antioxidan Activity of Bulb Extract of Six Lilium Species Native to China*, Molecules

Llurba, E., Grataco, E., Galla, M.P., Caberol, Dominguez, C. 2004. *A Comprehensive Study of Oxidative Stressand Antioxidant Status in Preclamsia and Normal Pregnancy*. Free Radical Biology and Medicine

Makaryani, I., Amalia, L., Ramadhani, N. R., Pertiwi, K. I., & Aprillia, D. D. (2014). Jurnal Gizi Klinik Indonesia Pengaruh pemberian pangan antioksidan terhadap kadar malondialdehid plasma mahasiswi penyuka gorengan, *10*(04), 169–179.

Mastuti., (2010), *Identifikasi Pigmen Betasianin Pada Beberapa Jenis Inflorescence Celosia*, Jurnal Biologi UGM

Metin, Gokhan, M. Koray Gumustas, Ezel Uslu, Ahmed Belce dan Abidin Kayserilioglu. 2003a. *Effect of Regular Training on Plasma Thiols, Malondialdehyde and Carnitine Concentrations in Young Soccer Players*. Chinese Journal of Physiology.

Metin, Gokhan, Pinar Atukeren, A. Ata Alturfan, Tevfik Gulyasar, Mehmet Kaya, dan M. Koray Gumustas. 2003b. *Lipid Peroxidation, Erythrocyte Superoxide Dismutase Activity and Trace Metals in Young Male Fotballers.* Yonser Medical Journal

Mu'nisa, A., Wasmen M., Tutik W., and Nastiti K. 2015. *The Effect of Clove Leaf Methanol Extract on the Profiles of Superoxide Dismutase and Malondialdehyde in the Liver of Rabbits under Hypercholesterolemia Condition*. Translation Biomedicine

Nafis Ali Khasan, Tri Rustiadi, Mohammad Annas. 2012. *Korelasi Denyut Nadi Istirahat dan Kapasitas Vital Paru terhadap Kapasitas Aerobik*. Journal of Physical Education, Sport, Health and Recreation. Arena.

UNIVERSITAS
GADJAH MADA
PENGARUH PEMBERIAN JUS BUAH BIT (Beta vulgaris L.) TERHADAP KADAR MALONDIALDEHID ATLET SEPAKBOLA REMAJA DI AJI SANTOSO INTERNATIONAL FOOTBALL ACADEMY (ASIFA) MALANG
DWI ARYO PRIHADI, Dr. dr. Zaenal M. Sofro, AIFM, Sports&Circ.Med; Dr. Mirza Hapsari STP, S.Gz., RD., M.P
Universitas Gadjah Mada, 2019 | Diunduh dari http://etd.repository.ugm.ac.id/

Nair, V., O'Neil, C.L., Wang, P.G. 2008. *Malondialdehid Encyclopedia of Reagen untuk Sintesis Organik*. John Wiley and Sons, New York

Nazarina, Christijani R, Sari YD. Faktor-faktor yang berhubungan dengan kadar malondialdehyde plasma pada penyandang diabetes mellitus tipe 2. Jurnal Gizi Klinik Indonesia 2013;9(3):139-46

Niki, E. 2009. *Lipid Peroxidation: Physiological Levels and Dual Biologycal Effects*. Free Radical Biology and Medicine

Nurhayati S, Kisnanto T, Syaifudin M. 2011. *Superoksida Dismutase (SOD): Apa dan Bagaimana Peranannya dalam Radioterapi*. Buletin Alava

Ormsbee, Michael J., Jon Lox, Paul J Arciero. 2013. *Beetroot Juice and Exercise Performance.* Nutrition and Dietary Dovepress: Nutrition and Dietary Supplements

Ozkaya, O., Mekin, S., Hakan, K. 2008. *Serum Malondialdehyde, Erythrocyte Glutation Peroksidase, and Erythrocyte Superoxide Dismutase Levels in Woman with Early Spontaneous Abortion Accompanied by Vagina Bleeding*. Med Sci Monit

Pingitore A, Pereira Lima G, Mastorci F, Quinones A, Iervasi G, Vassalle C. 2015. *Exercise and Oxidative Stress: Potential Effects of Antioxidant Dietary Strategies in Sports*. Nutrition

Powers, S. K., Talbert, E. E., & Adhihetty, P. J. (2011). Reactive oxygen and nitrogen species as intracellular signals in skeletal muscle, *9*(September 2010), 2129–2138. https://doi.org/10.1113/jphysiol.2010.201327

Rauf, R., Santoso, U., Suparmo. 2010. Aktivitas *Penangkapan Radikal DPPH Ekstraak Gambir (Uncaria gambir Roxb.)*. Agritech

Ramatina, Amalia, L., & Ekayanti, I. (2014). Pengaruh Suplemen Antioksidan Terhadap Kadar Malondialdehid Plasma Mahasiswi IPB. *Jurnal Pangan*

UNIVERSITAS
GADJAH MADA
PENGARUH PEMBERIAN JUS BUAH BIT (Beta vulgaris L.) TERHADAP KADAR MALONDIALDEHID ATLET SEPAKBOLA REMAJA DI AJI SANTOSO INTERNATIONAL FOOTBALL ACADEMY (ASIFA) MALANG
DWI ARYO PRIHADI, Dr. dr. Zaenal M. Sofro, AIFM, Sports&Circ.Med; Dr. Mirza Hapsari STP, S.Gz., RD., M.P
Universitas Gadjah Mada, 2019 | Diunduh dari http://etd.repository.ugm.ac.id/

Dan Gizi, *9*(1), 35–42.

Reid, M.B., T. Shoji, M.R. Moody, dan M.L. Entman. 1992. *Reactive Oxygen in Skeletal Muscle. II. Extracellular Release of Free Radicals*. Journal of Applied Physiology

Reilly, Thomas. 2003. *Fitness Assesment dalam Science and Soccer*. Editor oleh Thomas Reilly. UK: Spon Press Taylor & Francis Group

Reilly, T.; Thomas, V. (1979). *Estimated Daily Energy Expenditures of Professional Association Footballers.* Ergonomics, 22: 541–548

Sastroasmoro, Sudigdo dan Ismael Sofyan. 2011. *Dasar-dasar Metodologi Penelitian Klinis Edisi Ke-4*. Jakarta:CV Sagung Seto

Sharma, A., S. Bansal, and R.K. Nagpal. 2003. *Lipid Peroksidation in Bronchial Asthma*. Indian Journal of Pediatrics

Souza, Tacito Pessoa de, Paula Roberto de Oliviera, dan Benito Pereira. 2005. *Physical Exercise and Oxidative Stress Effect of Intense Physical Exercise On The Urinary Chemiluminescenceand Plasmatic Malondialdehyde*. Rev Bras Med Esporte

Stolen, Tomas, Karin Chamari, Carlo Castagna, dan Ulrik Wisloff. 2005. *Physiology of Soccer An Update*. Sport Med.

Strudwick, A. (2016). *Soccer Science: Human Kinetics.* Champaign, IL, USA

Suharti, Suharti; HAKIM, Luqmanul. *Pengaruh Pemberian Vitamin E dan Manipulasi Massage terhadap Hitung Jenis Leukosit Darah Pasca Latihan Fisik Submaksimal.* Jurnal Sportif

Tambunan, S. D. 2004. *Pemberian Suplemen Vitamin C dan Vitamin E pada Olahraga*. Majalah Gizmindo

Tayefi, M., Zamani, P., Heidari-Bakavoli, A., Mohammadpour, A. H., Esmaily, H., Ahmadnezhad, M., … Azarpajouh, M. R. (2018). Oxidative stress and

UNIVERSITAS GADJAH MADA
PENGARUH PEMBERIAN JUS BUAH BIT (Beta vulgaris L.) TERHADAP KADAR MALONDIALDEHID ATLET SEPAKBOLA REMAJA DI AJI SANTOSO INTERNATIONAL FOOTBALL ACADEMY (ASIFA) MALANG
DWI ARYO PRIHADI, Dr. dr. Zaenal M. Sofro, AIFM, Sports&Circ.Med; Dr. Mirza Hapsari STP, S.Gz., RD., M.P
Universitas Gadjah Mada, 2019 | Diunduh dari http://etd.repository.ugm.ac.id/

inflammation, two features associated with a high percentage body fat, and that may lead to diabetes mellitus and metabolic syndrome. *BioFactors*, *45*(1), 35–42. https://doi.org/10.1002/biof.1459

Thomas, D. T., Erdman, K. A., & Burke, L. M. (2016). Position of the Academy of Nutrition and Dietetics, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and Athletic Performance. *Journal of the Academy of Nutrition and Dietetics*, *116*(3), 501–528. https://doi.org/10.1016/j.jand.2015.12.006

Urso, Maria L. dan Priscilla M. Clarkson. 2003. *Oxidative Stress , Exercise, and Antioxidant Supplemetation*. Toxicology

Valado, Ana, Leonel Pereira, Paula C. Tavares dan Carlos Fontes Ribeiro 2007. *Effect of The Intense Anaerobic Execiseon Nitric Oxide and Malondyaldehyde in Studies Of Oxidative Stress*. International Journal of Biology and Biomedical Engeneering

Valko M, Leibfritz D, Moncol J, Cronin MTD, Mazur M, Telser J. 2007. *Review: Free radicals and antioxidants in normal physiological functions and human disease*. Inter J Biochem Cell Biol

Wahdaningsih, S., Erna P.S., Subagus W. 2011. *Free Radical Scavenging Activity of (Alsophila glauca J. Sm)*. *Majalah Obat Tradisional, 16(3), 2011*

Wahdaningsih, S., & Untari, E. K. (2016). Pengaruh Pemberian Fraksi Metanol Kulit Buah Naga Merah (Hylocerecus polyhizus) Terhadap Kadar Malondialdehid Pada Tikus (Rattus novergicus) Wistar Yang Mengalami Stres Oksidatif. *Research Article Nomor*.

Wilson, Ted dan Temple, Norman J. 2004. *Beverages in Nutrition and Health*. New Jersey: Humana Press Inc

UNIVERSITAS
GADJAH MADA
PENGARUH PEMBERIAN JUS BUAH BIT (Beta vulgaris L.) TERHADAP KADAR MALONDIALDEHID ATLET SEPAKBOLA REMAJA DI AJI SANTOSO INTERNATIONAL FOOTBALL ACADEMY (ASIFA) MALANG
DWI ARYO PRIHADI, Dr. dr. Zaenal M. Sofro, AIFM, Sports&Circ.Med; Dr. Mirza Hapsari STP, S.Gz., RD., M.P
Universitas Gadjah Mada, 2019 | Diunduh dari http://etd.repository.ugm.ac.id/

Winarsi, Hery. 2007. Antioksidan *Alami dan Radikal Bebas. Potensi dan Aplikasinya dalam Kesehatan.* Yogyakarta: Kanisius

Wiset, L., N, Poomsa-ad., V, Srilaong. (2012*). Comparisons of antioxidant activity and bioactive compounds of dragon fruit peel from various drying methods*. World Academy of Science, Enginnering and Technology, 70, 995- 998.

Wozniacka A, Sysa-Jedrzejowska A, Adamus J, Gebicki J. 2003. *Topical application of NADH for the treatment of rosacea and contact dermatitis*. Clin Exp Dermatol.

Yang, R.-L., Shi, Y.-H., Hao, G., Li, W., & Le, G.-W. (2008). Increasing Oxidative Stress with Progressive Hyperlipidemia in Human: Relation between Malondialdehyde and Atherogenic Index. *Journal of Clinical Biochemistry and Nutrition*, *43*(3), 154–158. https://doi.org/10.3164/jcbn.2008044

Yesilbursa, D., Serdar, Z., Serdar, A., Sarac, M., Coskun, S., & Jale, C. (2005). Lipid peroxides in obese patients and effects of weight loss with orlistat on lipid peroxides levels. *International Journal of Obesity*, *29*(1), 142–145. https://doi.org/10.1038/sj.ijo.0802