

HUBUNGAN ASUPAN ZAT GIZI MAKRO DAN SOMATOTIPE TERHADAP KELINCAHAN PEMAIN SEPAK BOLA UNIT KEGIATAN MAHASISWA (UKM) DI DAERAH ISTIMEWA YOGYAKARTA

INTISARI

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Latar Belakang: Sepak bola merupakan salah satu cabang olahraga yang diminati semua golongan. Namun, prestasi Indonesia dalam dunia sepak bola masih memprihatinkan. Hal ini dibuktikan dari hasil *ranking* terbaru FIFA, Indonesia berada pada posisi ke-173 dan belum dapat menembus pertandingan internasional tersebut. Perlu adanya upaya peningkatan prestasi melalui pengkajian performa atlet seperti nutrisi, status kesehatan, somatotipe dan kebugaran.

Tujuan: Tujuan penelitian ini untuk mengetahui profil dan hubungan antara asupan zat gizi makro, somatotipe dengan kelincahan pada pemain sepak bola Unit Kegiatan Mahasiswa (UKM) di Daerah Istimewa Yogyakarta.

Metode: Penelitian ini adalah penelitian analitik *cross-sectional* dengan rancangan *observasional*. Penelitian dilakukan di Universitas Ahmad Dahlan, Universitas Islam Indonesia dan Universitas Muhammadiyah Yogyakarta pada bulan Februari-Juni 2017. Subjek merupakan pemain sepak bola UKM sejumlah 76 orang. Variabel yang diteliti meliputi asupan zat gizi makro, somatotipe, dan kelincahan. Asupan zat gizi makro diambil menggunakan *recall 24 hours*, pengukuran somatotipe menggunakan rumus Carter, dan kelincahan menggunakan metode *Illinois Agility Test*. Uji statistik menggunakan uji korelasi Pearson, Spearman, dan *Chi-Square*.

Hasil: Tingkat pemenuhan asupan energi sebanyak 89,5% termasuk kategori “kurang” dan 10,5% “baik”; pemenuhan asupan protein sebanyak 86,8% termasuk kategori “kurang” dan 13,2% “baik”; pemenuhan asupan lemak sebanyak 68,4% termasuk kategori “kurang” dan 31,6% “baik”; pemenuhan asupan karbohidrat sebanyak 96,1% termasuk kategori “kurang” dan 3,9% “baik”. Rerata somatotipe pemain sepak bola UKM di DIY adalah ektomorfi mesomorf. Kelincahan pemain 57,9% “kurang” dan 42,1% “baik”. Terdapat hubungan yang bermakna antara asupan energi ($p=0,042$, $r=0,234$) dan protein ($p=0,023$ $r=0,260$) terhadap komponen ektomorfi. Tidak ada hubungan antara asupan lemak dan karbohidrat dengan somatotipe, somatotipe dengan kelincahan dan asupan zat gizi makro dengan kelincahan ($p>0,05$). Terdapat hubungan yang bermakna antara jenis latihan dengan kelincahan ($p=0,032$).

Kesimpulan: Semakin tinggi asupan energi dan protein maka semakin ektomorfi. Tetapi tidak terdapat hubungan bermakna antara asupan zat gizi makro dengan somatotipe dan kelincahan. Jenis latihan *strength* dapat meningkatkan kelincahan pemain.

Kata Kunci : asupan zat gizi makro, somatotipe, kelincahan, pemain sepak bola

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THE RELATIONSHIP BETWEEN MACRONUTRIENTS INTAKE AND SOMATOTYPE WITH AGILITY OF COLLEGE SOCCER PLAYERS IN DAERAH ISTIMEWA YOGYAKARTA

ABSTRACT

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Background: Soccer is one of the most played sport by all people worldwide regardless of their age, elders and youngsters would love to play this game. However, Indonesia doesn't seem to improve much of the achievement in soccer. According to the recent FIFA World Ranking, Indonesia places the 173rd position and considered not having been through the international game. Evaluation on such particular variables as nutrition, health status, somatotype and fitness is needed in order to improve achievement of soccer.

Objective: This study aimed in identifying profile and relation between the macronutrient intake, somatotype with soccer players agility of Unit Kegiatan Mahasiswa, a society in which was student developed their interest of non-academic activity in college in Yogyakarta.

Methods: Observational design was used in this cross-sectional analytical study. There were 76 subjects involved, who were of UKM soccer player in Universitas Ahmad Dahlan, Universitas Islam Indonesia and Universitas Muhammadiyah Yogyakarta on February – June 2017. Macronutrient intake was assessed by using recall 24 hours, somatotype was measured using Carter formula, and agility using Illinois Agility Test method. Pearson, Spearman, and Chi-Square correlation test were used for statistical analysis.

Results: Fulfillment dietary energy intake of the population is 89,5% "less" and 10,5% "good"; fulfillment dietary protein intake is 86,8% "less" and 13,2% "good"; fulfillment dietary fat intake is 68,4% "less" and 31,6% "good"; fulfillment dietary carbohydrate intake is 96,1% "less" and 3,9% "good". The mean somatotype of college soccer players is ectomorphic mesomorph. Agility level of soccer players is 57,9% "bad" and 42,1% "good". There was a significant relationship between dietary energy ($p=0,042$, $r=0,234$) and protein intake ($p=0,023$, $r=0,260$) with ectomorphy. There was no significant relationship between dietary fat and carbohydrate intake with somatotype, somatotype with agility and macronutrients intake with agility ($p>0,05$). There was a significant relationship between training types and agility ($p=0,032$).

Conclusion: The higher level of energy and protein intake they consume, the more ectomorph it would be. However, there is no relationship between macronutrient intake with somatotype and agility. Strength exercise could enhance the agility of player.

Key words : macronutrient intake, somatotype, agility, soccer player