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**OVERVIEW OF NUTRITIONAL STATUS AND HYDRATION STATUS
OF FOOTBALL PLAYER AT UIR PEKANBARU FOOTBALL SCHOOL**

xiv + 43 Pages + 5 Tables + 2 Pictures + 7 Attachments

ABSTRACT

Dehydration is an imbalance of body fluids because more body fluids are released and lost than replacement fluid intake enters the body. Sports achievements in Indonesia tend to experience ups and downs that were uncontrolled and unstable, the achievements of athletes/football players were influenced by several factors, one of which is related to nutrition. One of the most important nutritional elements is water.

This study aimed to describe the hydration status and nutritional status of soccer players. This research was quantitative descriptive. In this study, the population of SSB UIR and 20 samples were taken by using the total sampling method. The variables studied were pre and post hydration status using dipstick parameters, and nutritional status using scales and microtoa parameters.

The results of this study before exercise normal dehydration 5 people (25%), mild 10 people (50%), moderate 5 people (25%) and after normal exercise 2 people (10%), mild 2 people (10%), moderate 16 (80%) people, there was an increase in moderate dehydration in players, namely 16 people and a decrease in normal dehydration, namely 2 people and mild dehydration being 2 people, in this case soccer players were at risk of becoming dehydrated. Nutritional status obtained less than 4 people (20%), normal 15 people (75%), 1 person (5%). The conclusion, the average football player is moderately dehydrated with normal nutritional status.

Bibliography : 31 (2004–2019)

Keyword : Nutritional status, Hydration status, football