

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU
PROGRAM STUDI DIJII GIZI**

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GAMBARAN PENGETAHUAN GIZI ATLET DAN ORANGTUA SERTA
ASUPAN ZAT GIZI MAKRO ATLET KARATE SHINDOKA RIAU**

xiv + 47 halaman + 16 tabel + 2 gambar

ABSTRAK

Pengetahuan gizi merupakan salah satu faktor yang mempengaruhi asupan gizi seseorang atlet. Atlet meningkatkan performa dengan melakukan latihan, dan sengaja meluangkan waktu untuk berlatih. Pada saat latihan maupaun pertandingan, masih sering ditemukan atlet kurang memperhatikan pengaturan gizi yang baik untuk dikonsumsi sehingga asupan zat gizinya tidak terpenuhi, hal ini disebabkan karena atlet terlalu mengikuti selera makan tanpa pemilihan makanan yang tepat.

Jenis penelitian ini menggunakan jenis penelitian *deskriptif* untuk mengetahui gambaran tingkat pengetahuan gizi atlet dan orangtua serta asupan gizi makro atlet karate Shindoka Riau. Populasi sampel sebanyak 25 responden dan jumlah sampel menggunakan total *sampling* dengan usia 12-18 tahun. Pengumpulan data menggunakan kuisisioner dan *food recall*. Hasil *recall* 2x24 jam tidak berturut dibandingkan dengan kebutuhan atlet perindividu.

Dari hasil penelitian yang telah dilakukan, didapatkan bahwa asupan energi kurang 88%, karbohidrat kurang 92%, lemak kurang 88%, dan protein kurang 76%. Tingkat pengetahuan atlet kurang yaitu 68% dan tingkat pengetahuan orangtua cukup yaitu 52%.

Daftar Pustaka : 39 Referensi (2004-2020)

Kata Kunci : Olahraga, Asupan Gizi, Tingkat Pengetahuan, Kebutuhan Gizi Atlet

**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA
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DIII NUTRITION STUDY PROGRAM**

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**OVERVIEW OF NUTRITIONAL KNOWLEDGE OF ATHLETES AND
PARENTS AND MACRO NUTRITIONAL INTAKE OF KARATE
ATHLETES SHINDOKA RIAU**

xiv + 47 pages + 16 tables + 2 picture

ABSTRACT

Nutritional knowledge is one of the factors that affect the nutritional intake of an athlete. Athletes improve performance by doing exercises, and deliberately taking the time to train. At the time of training or competition, it is still often found that athletes do not pay attention to good nutrition settings for consumption so that their nutritional intake is not met, this is because athletes follow their appetites without choosing the right food.

This type of research uses a descriptive type of research to describe the level of nutritional knowledge of athletes and parents as well as macronutrient intake of karate athletes in Riau Shindoka. The sample population was 25 respondents and the number of samples used total sampling with ages 12-18 years. Collecting data using questionnaires and food recall. The results of the 2x24 hour recall are not consecutively compared to the needs of individual athletes.

From the results of the research that has been done, it was found that energy intake was 88% less, carbohydrates were 92% less, fat was 88%, and protein was 76% less. The level of knowledge of athletes is less that is 68% and the level of knowledge of parents is sufficient that is 52%.

Bibliography : 19 References (2004-2019)

**Keywords : Sports, Nutritional Intake, Knowledge Level, Athlete's
Nutritional Needs**