

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU
PROGRAM STUDI DIPLOMA III GIZI**

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**GAMBARAN ASUPAN ZAT GIZI DAN KADAR GLUKOSA DARAH
ATLET BASKET REMAJA DI SEIKOSEIKI BASKETBALL ACADEMY**

x+ 40 halaman + 10 tabel + 6 Lampiran

ABSTRAK

Asupan zat gizi merupakan salah satu faktor yang menentukan kebugaran jasmani. Asupan zat gizi digunakan untuk sumber energi dan asupan gizi atlet yang kurang dapat mengakibatkan penurunan performa atlet. Pada saat melakukan *food recall* ditemukan bahwa atlet mengalami kekurangan asupan zat gizi. Kebutuhan atlet yang tidak sesuai dengan kebutuhan semestinya akan mengakibatkan selama latihan atau pertandingan atlet akan menghasilkan panas yang ditimbulkan oleh kontraksi otot saat berolahraga, oleh karena itu atlet membutuhkan asupan zat gizi untuk menunjang penampilan. Hal ini disebabkan karena atlet tidak mengkonsumsi makanan 2 jam sebelum latihan.

Penelitian ini menggunakan jenis penelitian observasional dengan desain cross sectional dilakukan dengan analisa secara univariat. Penelitian ini dilakukan di GOR Senapelan dengan sampel 11 orang.

Hasil penelitian menunjukkan bahwa sebagian atlet memiliki asupan energi atlet rata-rata termasuk dalam kategori kurang yaitu sebanyak (72,7%), Asupan karbohidrat atlet rata-rata termasuk dalam kategori kurang yaitu sebanyak (81.8%), Asupan protein atlet rata-rata termasuk dalam kategori kurang yaitu sebanyak (63,6%), Asupan lemak atlet rata-rata termasuk dalam kategori kurang yaitu sebanyak (81.8%). Kadar glukosa darah atlet sebelum latihan dikategorikan normal yaitu sebanyak (100%). Berdasarkan hasil penelitian pelatih harus memperhatikan kebutuhan atlet agar tercapainya prestasi atlet dengan baik. Sebaiknya perlunya peningkatan pemahaman dan kesadaran atlet untuk mengatur pola makan yang benar dan sesuai dengan kebutuhan masing masing atlet sesuai dengan gizi seimbang.

Daftar Pustaka : 29 Referensi (2004-2020)

Kata Kunci : Olahraga, Asupan Zat Gizi , Kadar Glukosa Darah

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POLYTECHNIC OF HEALTH, RIAU
DIPLOMA III NUTRITION STUDY PROGRAM**

FINAL PROJECT, 2021

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**DESCRIPTION OF NUTRIENT INTAKE AND BLOOD GLUCOSE
LEVELS OF BASKETBALL ATHLETES AT SEIKOSEKI BASKETBALL
ACADEMY**

x+ 40 pages + 10 table + 6 Appendices

ABSTRACT

Nutrient intake is one of the factors that determine physical fitness. Nutrient intake is used for energy sources; and the lack of nutritional intake of athletes can result in a decrease in athlete performance. During the food recall, it was found that the athlete had a lack of nutrient intake. Athletes' needs that do not match their proper needs will result in during exercise or competition athletes will produce heat generated by muscle contractions during exercise, therefore athletes need nutrient intake to support appearance. This is because athletes do not consume food 2 hours before exercise.

This study uses an observational research type with a cross sectional design used with univariate analysis. This research was conducted at GOR Senapelan with a sample of 11 people.

The results showed that some athletes had an average athlete's energy intake included in the less category as much as 72.7%, the athlete's carbohydrate intake on average was included in the less category as much as 81.8%, the athlete's protein intake on average was included in the less category, namely as much as 63.6%, the average athlete's fat intake is included in the less category as much as 81.8%. Athletes' blood glucose levels before exercise were categorized as normal, namely as much as 100%. Based on the results of the research, the coach must pay attention to the athlete's needs in order to achieve good athlete achievement. It is advisable to increase the understanding and awareness of athletes to regulate the correct diet and according to the needs of each athlete in accordance with balanced nutrition.

Dbibliography : 29 (2004-2020)

Key word : Sport, Nutrient Intake , Blood Glucose Level