

ABSTRAK

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**HUBUNGAN ASUPAN ENERGI, ZAT GIZI MAKRO DAN STATUS GIZI
DENGAN KEBUGARAN JASMANI ATLET SEPAK BOLA STUDI KASUS
PADA ATLET SEPAK BOLA DI SMK AL-HUDA SARIWANGI
KABUPATEN TASIKMALAYA TAHUN 2025**

Kebugaran jasmani pada atlet sepak bola menjadi hal penting dalam peningkatan prestasi atlet pada suatu pertandingan. Faktor yang mempengaruhi kebugaran jasmani seseorang yaitu status gizi, asupan zat gizi makro dan status kesehatan. Tujuan penelitian ini adalah menganalisis hubungan asupan energi, zat gizi makro dan status gizi dengan kebugaran jasmani pada atlet sepak bola.

Metode penelitian ini menggunakan kuantitatif dengan desain *cross sectional* dengan jumlah sampel 30 orang diambil menggunakan total sampling. Pengambilan data meliputi status gizi dengan cara penimbangan berat badan dan tinggi badan, *food recall* 3x24 jam untuk mengetahui asupan makanan dan tes bleep test untuk mengetahui kebugaran jasmani. Analisis data yang digunakan dalam penelitian ini adalah analisis univariat dan bivariat dengan menggunakan uji *Spearman Rank* dan uji *Pearson Correlation*. Hasil penelitian didapatkan bahwa rata-rata usia responden 16-18 tahun, asupan energi 2682 ± 602 kkal, asupan karbohidrat 371 ± 117 gr, asupan protein $56,2 - 133,7$ gr, asupan lemak $80,5 \pm 19,5$ gr, status gizi $-0,17 \pm 1,0$, kebugaran jasmani $35 - 38$ ml/kg/menit. Terdapat hubungan antara asupan energi, asupan karbohidrat, asupan lemak, asupan protein dengan status gizi ($p=0,000$; $p=0,000$ $p=0,004$ $p=0,000$). Terdapat hubungan antara status gizi, asupan energi, asupan karbohidrat, asupan protein dengan kebugaran jasmani ($p=0,000$ $p=0,000$ $p=0,000$ $p=0,000$). Namun tidak terdapat hubungan antara asupan lemak dengan kebugaran jasmani $p=0,824$ ($p < 0,05$) dan $r=0,43$. Kesimpulan penelitian adalah terdapat hubungan antara asupan energi, asupan karbohidrat, asupan lemak, asupan protein dengan status gizi. Terdapat hubungan antara status gizi, asupan energi, asupan karbohidrat, asupan protein dengan kebugaran jasmani. Tidak terdapat hubungan antara asupan lemak dengan kebugaran jasmani. Subjek diharapkan lebih memperhatikan asupan makanan dan kebugaran jasmani karena hal tersebut dapat mempengaruhi aktivitas berolahraga.

Kata kunci: Kebugaran jasmani, asupan energi, asupan makronutrien, status gizi, atlet.

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ABSTRACT

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THE RELATIONSHIP BETWEEN ENERGY INTAKE, MACRONUTRITION AND NUTRITIONAL STATUS WITH PHYSICAL FITNESS OF FOOTBALL ATHLETES CASE STUDY OF FOOTBALL ATHLETES AT AL-HUDA SARIWANGI VOCATIONAL SCHOOL, TASIKMALAYA REGENCY IN 2025

Physical fitness in soccer athletes is crucial for improving their performance in a match. Factors influencing physical fitness include nutritional status, macronutrient intake, and health status. The purpose of this study was to analyze the relationship between energy intake, macronutrients, and nutritional status and physical fitness in soccer athletes. This study used a quantitative cross-sectional design, with a sample size of 30 participants drawn using total sampling. Data collection includes nutritional status by weighing and measuring height, 3x24 hour food recall to determine food intake and bleep test to determine physical fitness. The data analysis used in this study was univariate and bivariate analysis using the Spearman Rank test and Pearson Correlation test. The results of the study showed that the average age of respondents was 16-18 years, energy intake was 2682 ± 602 kcal, carbohydrate intake was 371 ± 117 gr, protein intake was $56.2 - 133.7$ gr, fat intake was 80.5 ± 19.5 gr, nutritional status was -0.17 ± 1.0 , and physical fitness was $35 - 38$ ml/kg/minute. There is a relationship between energy adequacy, carbohydrate adequacy, fat adequacy, protein adequacy with nutritional status ($p=0.000$; $p=0.000$ $p=0.004$ $p=0.000$). There is a relationship between nutritional status, energy adequacy, carbohydrate adequacy, protein adequacy with physical fitness ($p=0.000$ $p=0.000$ $p=0.000$ $p=0.000$). However, there was no relationship between fat sufficiency and physical fitness ($p=0.824$ ($p<0.05$) and $r=0.43$). The conclusion of the study is that there is a relationship between energy intake, carbohydrate intake, fat intake, and protein intake with nutritional status. There is a relationship between nutritional status, energy intake, carbohydrate intake, and protein intake with physical fitness. There is no relationship between fat intake and physical fitness. Subjects are expected to pay more attention to food intake and physical fitness because it can affect exercise activities.

Keywords: *Physical fitness, energi intake, macronutrient intake, nutritional status, athletes.*