

NUTRITIONAL INTAKE LEVEL OF SEPAKTAKRAW ATHLETES IN SEKOLAH OLAHRAGA NEGERI SRIWIJAYA (SONS) PALEMBANG SOUTH SUMATRA

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Abstract

This study aims to find out 1) what is the level of nutrition intake of sepaktakraw athletes in Sekolah Olahraga Negeri Sriwijaya Palembang, 2) is the level of nutritional needs of athletes sepaktakraw in Sekolah Olahraga Negeri Sriwijaya Palembang sufficient. The method used in this research is descriptive method with survey technique. The subjects of the study were 13 sepaktakraw athletes of Sekolah Olahraga Negeri Sriwijaya Palembang, with questionnaire data collection techniques, interviews and observations. The results of the study 1) the calorie nutritional intake needed by the Sekolah Olahraga Negeri Sriwijaya Palembang sepaktakraw athletes is 3559.6 Kcal, while the calories obtained are only 3204.0 calories. 2) Calorie needs of the Sepaktakraw athletes in Sekolah Olahraga Negeri Sriwijaya Palembang have not been fulfilled. From the results of the study it can be concluded that 1) the level of nutrient intake of sepaktakraw athletes in Sekolah Olahraga Negeri Sriwijaya Palembang does not meet the standards of athletic nutrition, 2) the level of nutritional needs is not yet in accordance with the needs of the sepaktakraw sports branch.

Keywords: Sekolah Olahraga Negeri Sriwijaya, Nutrition Intake, Sepaktakraw, Athletes

1 INTRODUCTION

South Sumatra Province in 2011 has launched sports as an industry. Products from industry are the achievements of athletes and sporting events. Many international events are carried out successfully such as; Asian University Games, Sea Games, Islamic Solidarity Games and even trusted to carry out Asian Games 2018. But the success of the competition was not in line with the achievements of athletes in the National and International events, this can be seen from the achievements of South Sumatra athletes in POPNAS (national student sports week) in 2015, South Sumatra ranked 29 out of 33 provinces in Indonesia, with the acquisition medals as follows: gold 0, silver 6 and bronze 12. The results of POPNAS 2015 clearly show that South Sumatra athletes, especially the sepaktakraw sports are represented by Sekolah Olahraga Negeri Sriwijaya Palembang has not shown a proud achievement, this is not comparable to sports facilities owned.

Sekolah Olahraga Negeri Sriwijaya (SONS) is a special school for the development and develop potential young athletes financed by the South Sumatra regional government and its athletes staying at Sekolah Olahraga Negeri Sriwijaya dormitory.

According to Bompa, the top achievements can be reached by involving several disciplines including anatomy, biomechanics, sports medicine, exercise methodology, physiology, psychology, sociology, measurement tests, paedagogics, motor skills and nutrition or nutrition. A science that supports the achievements of athletes, namely

nutrition. Specifically regarding nutrition, giving the right food intake both quality and quantity can produce optimal physical conditions and provide sufficient energy for athletes during their activities such as training or during matches [9]. Proper nutrition is vital for young athletes to their growth and perform in sports. According to McDowall Jill A, the important aspects of training program for athletes is a nutrition. In JR Brotherhood opinion, nutritional guidelines formula for athletes are based on physiological demands of exercise. An athlete's training, recovery, and performance might improve by an optimal nutrition, based on Toni M et al. Sufficient calorie intake, adequate hydration, and attention to timing of meals are the needs of nutritional to athletes reach their peak performance.

Based on the data obtained, the researchers conducted research on the level of nutritional intake of sepakraw athletes in Sekolah Olahraga Negeri Sriwijaya Palembang. The purpose of this study is as reference for Sekolah Olahraga Negeri Sriwijaya Palembang and related parties in providing nutritional intake for athletes and contributing ideas to the nutritional needs of sepakraw athletes at Sekolah Olahraga Negeri Sriwijaya Palembang. The more detailed objectives of this research are as follows: 1) what is the level of nutrition of the sepakraw athletes in Sekolah Olahraga Negeri Sriwijaya Palembang, 2) is the level of nutritional needs of athletes sepakraw in Sekolah Olahraga Negeri Sriwijaya Palembang sufficient.

2 RESEARCH METHODOLOGY

This research method is a survey method that is descriptive-quantitative to find out the available nutritional intake and nutrition needed by the Sepaktakraw athletes of Sekolah Olahraga Negeri Sriwijaya Palembang. The subjects of the study were 13 people from sepakraw athletes of Sekolah Olahraga Negeri Sriwijaya Palembang who lived in the dormitory of Sekolah Olahraga Negeri Sriwijaya Palembang. Data collection techniques are by observation, questionnaires and interviews, as well as documentation.

3 RESULTS AND DISCUSSION

3.1 Description of Research Results

The following is the nutritional intake of sepakraw athletes in Sekolah Olahraga Negeri Sriwijaya Palembang.

Table 1: Nutrition Intake, SepakTakraw Sports Branch.

No	Calories	Number of Athletes	Results	Desc
1	Needed	13	3559,6 Kcal	Calories are not met
2	Obtained		3204,0 Kcal	
Difference in malnutrition			355,6 Kcal	

Based on Table 1 above, the caloric needs of the Sepaktakraw athlete in Sekolah Olahraga Negeri Sriwijaya Palembang have not met the expected calorie standard. For more details, see the table below:

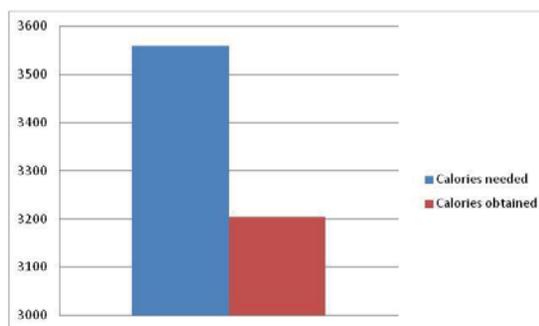


Figure 1: Data description of sepaktakraw athlete nutrition in Sekolah Olahraga Negeri Sriwijaya Palembang.

3.2 Discussion

Based on Table 1 above, it can be seen that the nutritional needs of the Sepaktakraw athletes in Sekolah Olahraga Negeri Sriwijaya Palembang are 3559.6 Kcal, while the calories available are only 3204.0 Kcal. Thus the calorie deficiency is 355.6 Kcal. It can be said that the nutritional intake of sepaktakraw athletes in Sekolah Olahraga Negeri Sriwijaya Palembang is still far from the perfect word for a special school forerunners of South Sumatra athletes. According to Almatier, the energy needs of an athlete are higher than those of non-athletes, so that athletes who are coached in special sports schools that are in a period of growth and development require adequate consumption of food. Then Sihadi's opinion, athlete's food intake is an important thing that must be considered in addition to exercise. Although nutritional intake does not guarantee that athletes can achieve performance, but if the nutritional intake is not sufficient, it will affect the performance of athletes because athletes cannot use their abilities to the fullest even though the training program that is carried out is appropriate.

The high intensity of exercise, trial schedule and tight match schedules need to be supported by good eating arrangements so athletes get the right nutrient intake to achieve optimal levels of physical fitness and nutritional status. Young athletes who are still in a mass of growth, need energy at a high level to support growth and sports activities on Primiana opinion.

The results of Gaspar's research show that both athletes and coaches place nutritional intake as one of the priorities in training athletes. A favorable body composition can affect physical endurance and excellent physical endurance is an absolute requirement that must be fulfilled in order to obtain the peak performance. A favorable body composition is defined as the state of the body with muscle mass that is able to store glycogen reserves as optimally as possible. That such conditions can be achieved through intensive training and accompanied by proper consumption of nutrients on Burke opinion. This is in line with the theory that optimal nutrition is important for athlete performance in a sporting event.

Then the opinion of IAAF Athletic, the benefits obtained if the athlete has a good nutritional intake which results in optimal coaching, an athlete's increased condition, ideal body and physical weight, decreased risk of injury, increased confidence and stable performance. If the athlete's nutritional intake is lacking then the losses obtained are as follows: increased health care costs, poor food selection (not according to the body's

needs). Selection of foods and beverages with poor availability and improper use of dietary supplements, so this will result in decreased athletic performance.

4 CONCLUSIONS AND SUGGESTIONS

The conclusions obtained from the study are 1) the level of nutritional intake of sepaktakraw athletes in Sekolah Olahraga Negeri Sriwijaya Palembang has not met athletic nutrition standards, 2) the level of nutritional needs has not met the needs of the sepaktakraw sports branch.

It was suggested to the sepaktakraw coach of Sekolah Olahraga Negeri Sriwijaya Palembang in order to meet the caloric needs in accordance with the demands of the sports branch. To parties related to the coaching of sports in Sekolah Olahraga Negeri Sriwijaya Palembang, especially the sepaktakraw sports to be used as a reference for calorie needs is as many as 3559.6 Kcal.

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