

ABSTRACT

THE EFFECT OF NUTRITIONAL STATUS AND NUTRITIONAL ADEQUACY TO FITNESS LEVEL NUTRITION OF KARATE ATHLETES IN BANDARLAMPUNG

By

NEOLA AMANDA MZ

Adequacy of nutrients is necessary for physical fitness. When doing physical activity, muscle requires additional energy beside the metabolism to move, while the heart and lungs require additional energy to remove nutrients and oxygen throughout the body. Therefore, nutritional adequacy to someone who perform physical activity as athletes bigger than ordinary people. State of the body as a result of food consumption and utilization of nutrients reflected in the nutritional status of a person.

This study aims to look at the effect of nutritional status and nutritional adequacy to fitness level of karate athletes in Bandar Lampung. This study is an analytic study with cross sectional approach. The research was conducted in GOR Saburai Bandarlampung. The subjects were karate athletes in Bandarlampung city and non-athlete adolescents as control sampling where sampling technique conducted with a purposive sampling. Data obtained directly from respondents using questionnaires, interviews, and physical examination.

The results showed that nutritional status has a significant effect towards the karate athlete's fitness level ($p < 0,05$). The effect of nutritional adequacy to the level of fitness in athletes showed significant results ($p < 0,05$) in both the energy ($p = 0,007$), carbohydrates ($p = 0,018$) protein ($p = 0,014$) and fat ($p = 0,033$).

The conclusions of this study are nutritional status and nutritional adequacy have a significant impact to the fitness level of karate athletes in Bandarlampung.

Keywords: nutritional adequacy, nutritional status, fitness level