

Perilaku Manajemen Penurunan Berat Badan Dan Persentase Lemak Tubuh Terhadap Kebugaran Kardiorespirasi atlet BPPLP Jawa Tengah

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ABSTRAK

Latar belakang: Praktik penurunan berat badan yang ekstrim dapat mengganggu kesehatan fisik, kinerja atlet termasuk kebugaran kardiorespirasi. Penting untuk mengembangkan strategi manajemen berat badan yang aman untuk menjaga kesehatan, performa, dan persentase lemak tubuh yang optimal bagi atlet.

Tujuan: Mengetahui hubungan antara perilaku manajemen penurunan berat badan dan persentase lemak tubuh terhadap kebugaran kardiorespirasi pada atlet cabang olahraga beladiri BPPLP Jawa Tengah.

Metode: Penelitian ini adalah studi kuantitatif dengan desain observasional deskriptif *Cross-Sectional*, di BPPLP Jawa Tengah dengan 33 atlet beladiri pria. Pengambilan sampel menggunakan metode *Total Sampling*. Pengukuran persentase lemak dilakukan dengan *BIA Omron HBF 222T*, kebugaran kardiorespirasi dengan *Harvard Step Test*, serta nformulir perilaku manajemen berat badan dengan *OxFAB* dan asupan makan menggunakan *SQ-FFQ*. Analisis data meliputi uji normalitas (*Shapiro-Wilk*), uji bivariat (*Spearman*), dan uji multivariat (*Regresi Linear Berganda*).

Hasil: Hasil penelitian menunjukkan bahwa perilaku manajemen penurunan berat badan, asupan energi, dan asupan protein merupakan faktor yang berhubungan dengan kebugaran kardiorespirasi ($p < 0,05$). Sedangkan, persentase lemak tubuh, asupan lemak, dan asupan karbohidrat tidak berhubungan dengan kebugaran kardiorespirasi ($p > 0,05$).

Simpulan: Perilaku manajemen penurunan berat badan, asupan energi, dan asupan protein merupakan faktor yang berhubungan dengan kebugaran kardiorespirasi. Sedangkan, persentase lemak tubuh, asupan lemak, dan asupan karbohidrat tidak berhubungan dengan kebugaran kardiorespirasi.

Kata kunci: Manajemen berat badan, persentase lemak tubuh, atlet beladiri, kebugaran kardiorespirasi

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Difference in Diet Quality and Cardiorespiratory Fitness Between Endurance and Power Athletes Classified at the BPPLOP Central Java

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ABSTRACT

Background: Extreme weight loss practices can disrupt physical health and athletic performance, including cardiorespiratory fitness. It is important to develop safe weight management strategies to maintain health, performance, and an optimal body fat percentage for athletes.

Objective: To determine the relationship between weight management behavior and body fat percentage on cardiorespiratory fitness in martial arts athletes at BPPLOP Central Java.

Methods: This research is a quantitative study with a descriptive observational cross-sectional design, conducted at BPPLOP Central Java with 33 male martial arts athletes. The sampling method used was total sampling. Body fat percentage was measured using the BIA Omron HBF 222T, cardiorespiratory fitness with the Harvard Step Test, and weight management behavior using the OxFAB form and dietary intake using the SQ-FFQ. Data analysis included normality testing (Shapiro-Wilk), bivariate testing (Spearman), and multivariate testing (Multiple Linear Regression).

Results: The research results showed that weight management behavior, energy intake, and protein intake were factors related to cardiorespiratory fitness ($p < 0.05$). Meanwhile, body fat percentage, fat intake, and carbohydrate intake were not associated with cardiorespiratory fitness ($p > 0.05$).

Conclusion: Weight management behavior, energy intake, and protein intake are factors related to cardiorespiratory fitness. Meanwhile, body fat percentage, fat intake, and carbohydrate intake are not associated with cardiorespiratory fitness.

Keywords: Weight management, OxFAB, body fat percentage, martial arts athletes, cardiorespiratory fitness

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