The Difference in Muscle Strength between PORDES FC Kalisat Football Athletes which are Given and not Given Sinom Drinks

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ABSTRACT
Football is a game which is involved two teams that consist of 11 players for each team with the mission to get in the ball into the opponent’s goalpost. The technique used in football needs muscular strength coordination. Routinely and periodically exercises can help to encourage muscular strength. The food intake for an athlete is greater than just ordinary people. An athlete is recommended to meet the vitamin needs which water soluble such as vitamin C. Alternative drinks that contains of vitamin C is sinom that made of turmeric rhizome, sinom leaf and tamarind. This research aimed to know the effect of consuming sinom for muscular strength of PORDES FC Kalisat football athletes. This research type was pra experimental with design Intact Group Comparison. This research involved 20 respondents which divided into two groups that are control group and experimental group. In control group got mineral water, while the experimental group got sinom 600 ml of each group. The result of this research was obtained mean value and standard deviation muscular strength after intervention, in control group is \(23.70 \pm 4.448 \text{x/minute}\) and while in experimental group \(35.80 \pm 8.779 \text{x/minute}\). The conclusion indicated that the difference of muscular strength of each group in PORDES FC Kalisat football athletes after getting treatment Sinom drink is value sig or \(p 0.049 \,(p<0.05)\).

Keywords: Sinom drinks, Muscular strength, and Football athletes.