Provision of Sinom Drinks on Abdominal Muscle Endurance in PORDES FC Kalisat Football Athletes

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ABSTRACT

Soccer athletes need good abdominal muscle endurance. An athlete is recommended to meet the needs of water-soluble vitamins such as vitamin C. One alternative drink that contains vitamin C is a sinom drink made from turmeric, sinom leaves and tamarind. The aim of this study was to determine the differences in the provision of sinomic drinks on the abdominal muscle endurance of PORDES FC Kalisat soccer athletes.

This research method is a pre-experimental study with the design of The Static Group Comparison. The sampling technique was purposive sampling with a sample of this study amounting to 20 respondents who were divided into two groups, namely the treatment group and the control group. The treatment group was given sinom drink while the control group was given 600 ml mineral water each. The data analysis technique is the t test analysis which is presented quantitatively.

The results of this study showed that the average value of abdominal muscle endurance after intervention in the treatment group was 48.90 x/minute and the control group was 37.10 x/minute. The conclusion of this study showed that there were differences in abdominal muscle endurance between groups of PORDES FC Kalisat soccer athletes after the intervention with a significant value or p = 0.046 (p<0.05).

Key words: football athletes, abdominal muscle endurance, vitamin C and sinom drinks