

## **Effect of Giving Chocolate Drinks on Endurance and Speed Travel Time of Swimming Athletes**

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### ***ABSTRACT***

*Good nutritional intake is important for an athlete both during training and matches so that activities can run optimally. Chocolate drinks have a fat content of 1.67%, protein 0.16%, carbohydrate 9.33%, caffeine 0.2% and antioxidants 5.78%. The nutrients contained in the chocolate drink serve as a provider of energy in the body. Flavonoid antioxidants in chocolate work by activating genes in the body to produce nitrite oxide (NO) so that there is an increase in blood flow throughout the body and can increase endurance. Caffeine in chocolate can have a positive impact as a stimulus for the response at the central motor level and result in a fast reaction time. The purpose of this study was to determine the effect of giving chocolate drinks on endurance and speed in swimming athletes. This type of research is experimental research (experimental queasy). The design of this study is pretest and posttest because in this study, the first observation (pretest) was carried out which there was a possibility of testing changes that occurred after the intervention, then the research was carried out again after the intervention (posttest). The subjects of the study were 14 swimming athletes who were divided into two groups, namely the intervention group and the control group. The research took place at the Swimming Pool of Tirta Balawara 509 Jember. The results of this study did not have any effect on giving chocolate drinks for 15 days on the endurance and speed of travel time of swimming athletes.*

**Keywords:** *Chocolate Drink, Endurance, Speed, Swimming Athlete.*