

***THE EFFECT OF GIVING RED DRAGON FRUIT JUICE ON THE
FAT MASS OF THE FUTSAL TEAM
JEMBER STATE POLYTECHNIC***

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ABSTRACT

Body fat mass is found in adipose tissue and other tissues in the body. Abnormal fat mass can accelerate fatigue, and trigger oxidative stress in the body. Red dragon fruit is a fruit that contains a source of antioxidants in the form of flavonoids, the red dragon fruit flesh is 38.9 mg/100 g and the water content is 90%. The purpose of this study was to determine the effect of giving red dragon fruit juice on the fat mass of the futsal team at the Jember State Polytechnic. The research method used was Quasi-Experimental with the Pretest and Posttest with Control Group designs. The technique for taking the subjects of this study used a total sampling technique, with 16 futsal players as subjects divided into 2 groups, namely 8 treatment groups and 8 control groups. The treatment group was given 400 ml of dragon fruit juice for 14 days, while the control group was given 400 ml of mineral water for 14 days. Measurement of fat mass using the BIA (Bioelectrical Impedance Analysis) InBody Test 270. The conclusion of this study was that there was no effect of giving red dragon fruit juice and mineral water on the fat mass of the Jember State Polytechnic futsal team in the treatment group and the control group.

Keywords: futsal, fat mass, flavonoids, red dragon fruit juice