

***THE EFFECT OF GIVING PASSION JUICE (*Passiflora edulis*)
FLAVICARPA VARIETY ON PULSE RATE RECOVERY AND BLOOD
GLUCOSE LEVELS IN PALAGAN FC FOOTBALL TEAM, JEMBER
DISTRICT***

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ABSTRACT

*Soccer players requires a high level of physical fitness and energy requirements. The lower a person's physical fitness level, the higher their recovery pulse. The higher the energy expended, the lower the blood glucose. If this happens to a soccer player, it will disrupt his performance. To keep your pulse rate and blood glucose stable, you need a rehydration fluid that contains glucose and potassium, namely passion fruit juice. This research aimed to determine the effect of giving passion juice on pulse rate and blood glucose levels in the Palagan FC football team using a quasi-experiment research method and a pretest-posttest non-equivalent control group design. 26 subjects in this study were divided into 2 groups, namely control and treatment who were given 3.5 ml/kg BW passion juice before training for 5 days. Measurement of recovery pulse using a pulse meter and glucometer for blood glucose. Based on the Mann Whitney test, there was no significant difference between the difference in recovery pulse values after and before intervention between groups ($p=0.195$) and there was no significant difference between the difference in blood glucose values after and before intervention between groups ($p=0.151$). So it can be concluded that there is no effect of giving passion juice (*Passiflora edulis*) flavicarpa variety on recovery pulse rate and blood glucose levels in the Palagan FC football team, Jember District.*

Keywords: Passion juice, recovery pulse, blood glucose, football team