

**THE EFFECT OF YELOW WATERMELON JUICE WITH PLANTAIN  
ON THE VO<sub>2</sub>MAX OF THE SOCCER TEAM  
JEMBER FOOTBALL SCHOOL**

**Nabila Zenitya**

Clinical Nutrition Study Program

Department of Health

**ABSTRACT**

*VO<sub>2</sub>Max is the body's ability to use oxygen maximally during activity. Consuming drinks containing carbohydrates and potassium can help prevent fatigue that affects VO<sub>2</sub>Max during exercise by maintaining glycogen reserves. Yellow watermelon juice combined with plantain is one of the drinks containing carbohydrates and potassium. This study aims to determine the effect of yellow watermelon juice combined with plantain on VO<sub>2</sub>Max of the Jember Football School football team. This type of research is Quasi-Experimental with a Pretest-Posttest with Control Group research design. The sampling technique in this study used the total sampling technique with a total of 20 students divided into 2 groups, namely the control group and the treatment group, each group consisting of 10 students. The treatment group was given 500ml/day of watermelon juice combined with plantain and the control group was given 500ml/day of mineral water for 3 days. VO<sub>2</sub>Max measurement used the bleep test method. Data were analyzed using the Shapiro Wilk test, Independent T-Test and Paired T-Test. The results of the VO<sub>2</sub>Max test before and after the intervention in the control group showed no difference ( $p = 0.159$ ), while in the treatment group there was a difference ( $p = 0.000$ ). There was a difference in the VO<sub>2</sub>Max of the control and treatment groups ( $p = 0.001$ ). The conclusion of this study is the effect of yellow watermelon juice combined with banana on the VO<sub>2</sub>Max of the Jember Football School soccer team.*

**Keywords :** *Yellow watermelon with plantain juice, carbohydrates, potassium, VO<sub>2</sub>Max*