

**THE EFFECT OF YELOW WATERMELON JUICE COMBINATION WITH  
BANANA ON MUSCLE FATIGUE IN FOOTBALL TEAM  
CONDROMOWO JEMBER**

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**ABSTRACT**

*Muscle fatigue is a condition of muscle weakness after muscle contraction due to strong and prolonged physical activity which is characterized by reduced ability to perform activities. Consumption of drinks containing carbohydrates and potassium can help prevent fatigue during exercise by maintaining glycogen reserves. Yellow watermelon juice combined with plantain is one of the drinks containing carbohydrates and potassium. The purpose of this study was to determine the effect of yellow watermelon juice combined with plantain on muscle fatigue of the Condromowo Jember soccer team. This study is a Quasi-Experimental study with a Pretest-Posttest with Control Group design. The sampling technique used in this study was the total sampling technique with a total of 22 subjects divided into 2 groups, namely the control group and the treatment group, each group consisting of 11 subjects. 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. Measurement of muscle fatigue using the RAST method. Data were analyzed using the Saphiro Wilk test, Independent T-Test and Paired T-Test. The results of muscle fatigue test before and after intervention in the control group showed a difference ( $p = 0.017$ ), in the treatment group there was a difference ( $p = 0.008$ ). There was no difference in muscle fatigue in the control and treatment groups ( $p = 0.407$ ). The conclusion of this study is that there is no effect of yellow watermelon juice combined with banana on muscle fatigue of the Condromowo Jember football team.*

**Keywords :** *Yellow watermelon with plantain juice, carbohydrates, potassium, muscle fatigue*