

Hubungan Pengetahuan Gizi Seimbang, Asupan Makan, Dan Durasi Tidur Dengan Stamina Atlet Sepak Bola Wanita Porprov Banyuwangi (The Relationship Between Balanced Nutrition Knowledge, Food Intake, and Sleep Duration with the Stamina of Banyuwangi Porprov Women's Soccer Athletes).

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ABSTRACT

Stamina refers to a person's ability to endure fatigue. An athlete's stamina can be influenced by their knowledge of balanced nutrition, dietary intake, and sleep duration. This study aims to examine the relationship between knowledge of balanced nutrition, dietary intake, and sleep duration with the stamina of female football athletes participating in the Porprov Banyuwangi. This study employed a quantitative observational design with a cross-sectional observational design. The subjects were 30 female football athletes from Porprov Banyuwangi, aged 16–23 years, selected using total sampling. Nutritional knowledge data were collected using questionnaires, dietary intake was assessed using the 2x24-hour food recall method, sleep duration was obtained through questionnaires, and stamina was measured using the VO₂max test. Data were analyzed using the Kendall's Tau test to determine the correlation between variables. The results showed a significant relationship between balanced nutrition knowledge ($p = 0.002$ $r = 0,572$), energy intake ($p = 0.000$ $r = 0,757$), protein ($p = 0.000$ $r = 0,776$), fat ($p = 0.000$ $r = 0,702$), carbohydrate ($p = 0.000$ $r = 0,671$), and sleep duration ($p = 0.004$ $r = 0,535$) with athlete stamina. In conclusion, balanced nutrition knowledge, dietary intake (energy, protein, fat, and carbohydrates), and sleep duration are significantly associated with the stamina of female football athletes in Porprov Banyuwangi. The suggested recommendation is that the female football athletes of Porprov Banyuwangi are expected to apply their knowledge of balanced nutrition and improve their dietary intake to meet daily nutritional needs.

Keywords: Nutrition Knowledge, Dietary Intake, Sleep Duration, Stamina