

**Differences In The Provision Of Fruit Juice Drinks Banana With Honey On
Glucose Levels In Time And Physical Fitness,
Pencak Silat Athletes In Jember**

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ABSTRACT

Banana (Musa Paradisiaca) is a fruit that contain complex and simplex carbohydrates, particularly in fruit other than bananas easily obtained bananas contain carbohydrates, vitamins, and minerals that are good enough for athletes. In addition to bananas, honey also has a relatively high carbohydrate content with elements of the monosaccharides glucose, fructose, and contains a number of vitamins and minerals, therefore bananas or honey can be a good source of energy for athletes. The purpose of this study is to determine the differences in the provision of fruit juice drinks banana with honey on blood glucose levels in time and physical fitness, martial arts athletes in the county muddy. This research is pre experiment with one group pretest posttest design using Wilcoxon test and Mann Whitney. Total sample of 32 athletes, with each of the 16 athletes in each intervention group. Conclusion There are differences indicate blood glucose levels before and after the intervention in the administration group banana fruit juice ($p = 0.001$) and there were no differences in honey drinks group ($p = 0.642$). There are differences glucose levels in better physical freshness before and after intervention in the administration group banana fruit juice ($p = 0.000$) and there were no differences in honey drinks group ($p = 0.196$). There are differences in the provision of fruit juice drinks banana with honey on blood glucose levels ($p = 0.000$) and physical fitness ($p = 0.012$).

Keywords: *Pencak silat athletes, fruit juice banana, glucose levels in time, physical fitness, honey.*