

**PENGARUH PEMBERIAN *SPORT DRINK* “MASEM” FORMULA MADU
DAN SEMANGKA KUNING (*CITRULLUS LANATUS*) TERHADAP
STATUS HIDRASI ATLET SEPAK BOLA**

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ABSTRAK

Latar Belakang: Sepak bola merupakan olahraga dengan intensitas tinggi bersifat (*intermitten*) dan termasuk dalam olahraga ketahanan (*endurance*) yang dapat memicu pengeluaran keringat berlebih dan peningkatan risiko dehidrasi yang dapat menurunkan performa atlet apabila tidak diimbangi dengan asupan cairan yang cukup. Pengaturan asupan cairan merupakan salah satu cara menghindari terjadinya dehidrasi yang bisa diperoleh dari minuman berbahan alami yang mengandung karbohidrat dan elektrolit.

Tujuan: Menganalisis pengaruh pemberian *sport drink* “MASEM” formula madu dan semangka kuning (*citrullus lanatus*) terhadap status hidrasi atlet sepakbola.

Metode: Jenis penelitian yang digunakan adalah *Quasi Experimental* dengan rancangan *pretest-posttest with control group design*. Subjek penelitian ini adalah atlet club sepakbola Topan Squad dengan rentang usia 19-23 tahun yang berjumlah 24 orang. Kelompok perlakuan mengonsumsi 200 ml *sport drink* “MASEM” dan kelompok kontrol mengonsumsi 200 ml air putih setiap 30 menit selama 60 menit latihan (*cross country*). Status hidrasi diukur menggunakan metode warna urine sebelum dan sesudah intervensi. Analisis data menggunakan uji *Wilcoxon* dan uji *Mann Whitney*.

Hasil: Ada perbedaan yang bermakna pada kelompok perlakuan antara sebelum dan setelah intervensi $P < 0,05$. Hasil status hidrasi dari nilai modus skala warna urine sebelum intervensi adalah 4 dan setelah intervensi adalah 2. Namun tidak ada perbedaan yang bermakna $P > 0,05$ sebelum dan setelah intervensi pada kedua kelompok.

Kesimpulan: *Sport drink* “MASEM” lebih baik daripada air putih karena *sport drink* “MASEM” cenderung dapat memperbaiki status hidrasi dari hasil penurunan skala warna urine meskipun tidak terdapat perbedaan secara bermakna.

Kata kunci: atlet sepakbola, *sport drink* ”MASEM”, air putih, status hidrasi

**THE EFFECT OF GIVING SPORT DRINK "MASEM" FORMULA OF
HONEY AND YELLOW WATERMELON (CITRILLUS LANATUS) ON THE
HYDRATION STATUS OF FOOTBALL ATHLETES**

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ABSTRACT

Background: Football is a high-intensity (intermittent) sport and is included in endurance sports which can trigger excessive sweating and increase the risk of dehydration which can reduce an athlete's performance if it is not balanced with adequate fluid intake. Regulating fluid intake is one way to avoid dehydration which can be obtained from natural drinks containing carbohydrates and electrolytes.

Objective: Analyzing the effect of giving the sports drink "MASEM" a formula of honey and yellow watermelon (*citrullus lanatus*) on the hydration status of football athletes.

Method: The type of research used is *Quasi Experimental* with a pretest-posttest with control group design. The subjects of this research were athletes from the Topan Squad football club with an age range of 19-23 years, totaling 24 people. The treatment group consumed 200 ml of "MASEM" sports drink and the control group consumed 200 ml of water every 30 minutes during 60 minutes of training (cross country). Hydration status was measured using the urine color method before and after the intervention. Data analysis used the Wilcoxon test and Mann Whitney test.

Results: There was a significant difference in the treatment group between before and after intervention $P < 0.05$. The results of hydration status from the mode value of the urine color scale before the intervention were 4 and after the intervention were 2. However, there was no significant difference $P > 0.05$ before and after the intervention in the two groups.

Conclusion: The "MASEM" sports drink is better than water because the "MASEM" sports drink tends to improve hydration status as a result of decreasing the urine color scale even though there is no significant difference.

Keywords: football athletes, sports drink "MASEM", water, hydration status