

**PENGARUH KAFEIN TERHADAP PENINGKATAN POWER ATLET
GULAT KOTA BANDUNG
(Studi kasus pada atlet gulat Scorpion Wrestling Club dan UKM Gulat UPI)**



SKRIPSI

diajukan untuk memenuhi sebagian syarat untuk memperoleh
gelar Sarjana Gizi

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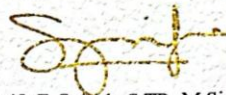
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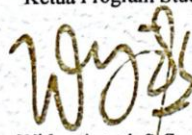
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ABSTRAK

Kafein dikenal sebagai salah satu *ergogenic aid* yang dapat meningkatkan performa olahraga melalui stimulasi sistem saraf pusat dan penurunan persepsi kelelahan. Penelitian ini bertujuan untuk mengetahui pengaruh konsumsi kafein terhadap peningkatan *power* pada atlet gulat. Desain penelitian ini menggunakan metode eksperimen dengan pendekatan *pretest* dan *posttest* pada dua kelompok, yaitu kelompok intervensi ($n=13$) yang mengonsumsi kafein sebanyak 3-6 mg/kgBB dan kelompok kontrol ($n=13$) yang mengonsumsi plasebo. *Power* diukur menggunakan *chest medicine ball throw test*. Hasil uji *paired t-test* menunjukkan bahwa terjadi peningkatan *power* yang signifikan dalam kedua kelompok ($p < 0,05$). Hasil uji *independent t-test* menunjukkan adanya perbedaan yang signifikan antara kelompok intervensi dan kontrol ($p = 0,002$; $p < 0,05$), di mana peningkatan *power* pada kelompok intervensi lebih tinggi dibandingkan kelompok kontrol. Temuan ini menunjukkan bahwa konsumsi kafein berdampak positif terhadap peningkatan *power* atlet gulat. Berdasarkan hasil penelitian ini, disarankan bahwa suplementasi kafein yang dilakukan secara strategis dapat menjadi pendekatan yang lebih efektif dalam mendukung performa atlet secara keseluruhan.

Kata Kunci: kafein, *power*, atlet gulat, zat ergogenik, performa olahraga

ABSTRACT

Caffeine is known as an ergogenic aid that can enhance sports performance by stimulating the central nervous system and reducing perceived fatigue. This study aims to determine the effect of caffeine consumption on increasing power in wrestling athletes. This research employed an experimental design with a pre-test and post-test approach on two groups: an intervention group (n=13) that consumed caffeine at a dose of 3–6 mg/kgBW and a control group (n=13) that consumed a placebo. Power was measured using the chest medicine ball throw test. Paired t-test results showed a significant increase in power within both groups ($p < 0.05$). However, independent t-test results indicated a statistically significant difference between the intervention and control groups ($p = 0,002$; $p < 0,05$), with the intervention group showing a greater increase in power. These findings suggest that caffeine consumption positively impacts the power performance of wrestling athletes. Based on this study, it is suggested that strategic caffeine supplementation may serve as a more effective approach in supporting overall athletic performance.

Keyword: *caffeine, power, wrestling athletes, ergogenic aid, sports performance*

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DAFTAR SINGKATAN

BCAA	:	<i>Branched-Chain Amino Acids</i>
HIIT	:	<i>High-Intensity Interval Training</i>
IMT	:	Indeks Massa Tubuh
Kg	:	Kilogram
Mg	:	Miligram
PSP	:	Penjelasan Sebelum Persetujuan
RM	:	Repetisi Maksimum
SPSS	:	<i>Statistical Package for the Social Sciences</i>
UKM	:	Unit Kegiatan Mahasiswa
UPI	:	Universitas Pendidikan Indonesia

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