

# **PERBANDINGAN EFEKTIVITAS MINUMAN MADU DAN SPORT DRINK TERHADAP KADAR GLUKOSA DARAH**

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## **ABSTRAK**

Penelitian ini bertujuan untuk membandingkan pengaruh dari minuman madu dan *sport drink* dalam mempertahankan kadar glukosa darah. Kekurangan konsumsi cairan dapat mengakibatkan dehidrasi yang dapat menurunkan kadar glukosa darah dan berakibat buruk pada performa atlet. Mengonsumsi minuman karbohidrat dengan kadar di <8% dapat menjaga status hidrasi pada atlet dan menstabilkan kadar glukosa darah selama pertandingan sehingga bisa meminimalisir terjadinya kelelahan. Metode yang digunakan dalam penelitian ini menggunakan pendekatan *counterbalanced design*. 12 orang mahasiswa UKM bulu tangkis dengan usia (18-22) dari sebuah kampus di Cimahi telah terpilih dan setuju untuk menjadi sampel pada penelitian ini dan semuanya telah menandatangani *informed consent*. Sampel memiliki kadar glukosa darah awal yang relative sama dan sampel tidak memiliki riwayat penyakit ataupun pola hidup yang dapat berpengaruh terhadap kadar glukosa darah. Sampel penelitian di larang untuk mengonsumsi makanan atau minuman semenjak 2 jam sebelum pelaksanaan penelitian. Teknik pengumpulan data dilakukan dengan mengambil angka kadar glukosa darah sebelum dan sesudah tes *treadmill* selama 30 menit. Minuman madu dan *sport drink* dengan kandungan karbohidrat 7% sebanyak 330 ml diberikan pada sampel di menit ke 15 saat tes *treadmill* dilakukan. Penelitian ini mendapatkan hasil bahwa minuman madu dan *sport drink* memberikan efek terhadap kadar glukosa darah, serta didapatkan perbedaan pengaruh dari minuman madu dan *sport drink* dalam mempertahankan kadar glukosa darah.

Kata Kunci : Minuman madu, *Sport drink*, glukosa darah

# COMPARISON THE EFFECTIVENESS OF HONEY DRINK AND SPORT DRINK ON BLOOD GLUCOSE LEVELS

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## ABSTRACT

*The purpose of this study was to determine the influence of honey drink and sport drink to maintain blood glucose levels. Deficiency of fluids consumption can be results in dehydration, that can be lowered blood glucose and can make an effects on sports performance. Consumption the liquids with <8% carbohydrates are known can keep athletes hydration status during the game and stabilize blood glucose levels in the body, so it can minimize the rate of exhaustion. The method used in this study using counterbalanced design. 12 university badminton players (aged 18-22) from one university in Cimahi choosed and agreed to participate in this study. All of them have signed the informed consent letter. On average they have normal blood glucose level and they don't have any health disease or a lifestyle that can be involves of blood glucose levels. The sample prohibited in to consume any food or drink since 2 hours before the research phase. Techniques of data retrieval is done by taking blood glucose levels before and after 30 minute treatment by treadmill. 330 ml honey drink or sport drink with 7% carbohydrate was given in minutes 15 at the time treadmill test. The findings revealed that honey drink and sport drink has an effects to maintain blood glucose levels. And there was a difference influence in blood glucose on honey drink and sport drink treatment.*

**Keyword** : Honey Drink, Sport Drink, Blood Glucose