

## ABSTRAK

### PERBANDINGAN PENGARUH AIR KELAPA DAN MINUMAN ISOTONIK TERHADAP TINGKAT HIDRASI ATLET CABANG OLAHRAGA BOLA BASKET

( Studi Komparasi Terhadap Atlet Bola Basket Putra Unit Kegiatan Mahasiswa  
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Penelitian ini bertujuan mengetahui perbandingan dan pengaruh pemberian air kelapa dan minuman isotonic terhadap status hidrasi ,untuk mengurangi kelelahan otot anaerob , dan mengantisipasi kenaikan kadar gula dalam darah pada atlet bola basket. Penelitian ini merupakan penelitian *quasy experimental* dengan rancangan *pre test post test control group desain*. Jumlah subjek 18 atlet bola basket usia 19-21 tahun anggota UKM Bola Basket UPI putra yang di bagi secara acak menjadi 3 kelompok yaitu 2 kelompok perlakuan dan kelompok control. Subjek penelitian menerima interverensi pemberian air kelapa ,minuman isotonic dan *placebo* sebanyak 250 ml yang di berikan 30 menit sebelum test . Status hidrasi pada atlet bola basket di lihat warna urinenya,kelelahan otot di ukur dengan menggunakan RAST (*Running-based Anaerobic Sprint Test*) dengan menghitung nilai AF (*Anaerobic Fatigue*) dan kadar gula darah di ukur menggunakan alat ukur *Autocheck*. Hasil penelitian menunjukkan bahwa mayoritas atlet anggota UKM Bola Basket UPI putra berada pada kategori dehidrasi, Terdapat pengaruh yang signifikan keadaan Indeks Kelelahan menurut pemberian jenis minuman Air kelapa dan Minuman Isotonik , dan Terdapat perbedaan yang signifikan keadaan Kadar Gula Darah pemain basket menurut pemberian jenis minuman.

Kata kunci : Status Hidrasi , Air kelapa, Minuman Isotonik, Indeks Kelelahan, Kadar Gula Darah.

## **ABSTRACT**

### **COMPARISON AND EFFECT OF COCONUT WATER AND ISOTONIC DRINKS ON LEVEL HYDRATION FOR BASKETBALL ATHLETES**

**( Study Comparation for basketball athletes from UPI basketball student activity unit Indonesia Univercity of Education)**

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The purpose of this research was to find out the comparison and the effect of coconut water and isotonic drink on hydration status, to reduce anaerobic muscle fatigue and to anticipating blood sugar level increase of basketball athletes. This is quasy experimental research and use a pretest and posttest control group desain. The subject of this research are 18 basketball athletes from UPI's basketball student activity unit with ages 19-21 years old and divided randomly into 3 groups which is 2 treatment groups and control group. The subject given intervention coconut water, 250 ml of isotonic drink and placebo, it given 30 minutes before the test. The hydration status on basketball athletes is seen from the color of urine and the muscle fatigue measured by using RAST (Running-based Anaerobic Sprint Test) by calculating the value of AF (Anaerobic Fatigue) and blood sugar levels is measured using Autocheck measuring instrument. The result of this research identified that mostly basketball athletes are get dehydration, There is a significant effect on the status of fatigue index according to the type of coconut Water and Isotonic Drink, and also there is a significant difference in the Blood Sugar level of basketball athletes according to the type of drink.

Keywords : hydration status, coconut water, isotonic drink, fatigue index, blood sugar level