Efektivitas konsumsi sari kedelai terhadap pemulihan atlet dayung nasional di Pelatnas Dayung, Jatiluhur, Jawa Barat tahun 2017 = Effectiveness of soy milk consumption in national kayak-canoeing athlete's recovery at Kayak-Canoeing National Training Center, Jatiluhur, West Java In 2017

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Abstrak

ABSTRAK
Penelitian ini bertujuan untuk menilai efektivitas konsumsi sari kedelai terhadap pemulihan atlet dayung nasional. Desain penelitian yang digunakan adalah kuasi eksperimental. Responden yang terlibat dalam penelitian ini merupakan 14 orang atlet dayung nasional pria yang berusia 21 ndash; 30 tahun. Seluruh responden dikelompokkan berdasarkan kelompok perlakuan dan kontrol. Responden kelompok perlakuan diberikan minuman pemulihan berupa sari kedelai dengan rasio kandungan karbohidrat dan protein senilai 4,2:1 setelah melakukan latihan endurance, sedangkan kelompok kontrol tidak. Sari kedelai diberikan dalam jumlah 1000 ml. Indikator pemulihan yang diukur adalah kreatin kinase darah dalam satuan U/L terkait dengan pemulihan otot , pada waktu sebelum, setelah, dan 5 jam setelah latihan. Hasil yang didapatkan yaitu, adanya peningkatan kadar kreatin kinase darah kelompok perlakuan 42,29 U/L dan kontrol 64,83 U/L dari pemeriksaan sebelum hingga 5 jam setelah latihan. Meskipun peningkatan kadar kreatin kinase darah pada kelompok perlakuan lebih rendah daripada kontrol, namun perbedaan tersebut tidak bermakna P value > 0,05 . Kesimpulannya adalah efektivitas konsumsi sari kedelai terhadap pemulihan otot pada atlet dayung nasional tidak bermakna secara statistik, namun cenderung berpotensi dalam menurunkan peningkatan kadar kreatin kinase darah setelah latihan.
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ABSTRACT
This study aims to assess the effectiveness of soy milk in national kayak canoeing athlete rsquo s recovery. Design of this study used quasi experimental. Respondents involved in this study were 14 national kayak canoeing athletes, which aged 21 ndash 30 years. All respondents were grouped by treatment and control group. The treatment group were given recovery beverage in the form of soy milk with ratio of carbohydrate and protein equal as 4,2 1 after endurance exercise, while control group were not. Soy milk was given in 1000 ml. Recovery indicator that measured was blood creatine kinase in U L related to muscle recovery at the time before, after, and 5 hours after exercise. The result showed that there was an increase of creatine kinase level in treatment group 42,29 U L and control 64,83 U L from before exercise examination, up to 5 hours after exercise. Although the elevated blood creatine kinase level in treatment group were lower than the control, they were not significant P value 0,05 . To conclude, effectiveness of soy milk consumption in national kayak canoeing athlete 39 s muscle recovery is not statistically significant, however it tends to be potentially decreases the elevated blood creatine kinase levels after exercise.