Perbedaan proporsi asupan zat gizi makro dan faktor lainnya terhadap kemampuan metakognitif pada atlet E-sport mobile legends Bang Bang = Differences in the proportion of macro nutrition intake and other factors on metacognitive ability in E-sport mobile legends Bang Bang athletes

Cindy Fawwaz Roviqoh, author

Abstrak

Audiens E-sport meningkat dari tahun ke tahun. Kemampuan metakognitif ditemukan menjadi faktor yang mempengaruhi kualitas atlet. Metakognitif mencakup hubungan antara proses kognitif dan pengalaman mental. Zat gizi ditemukan berperan dalam fungsi kognitif. Penelitian ini bertujuan untuk mengetahui perbedaan proporsi pada asupan zat gizi makro dan faktor lainnya terhadap kemampuan metakognitif dengan studi cross sectional pada 150 atlet E-sport MLBB di Jakarta. Terdapat sebanyak 54,0% responden memiliki kemampuan metakognitif CC tinggi, 62,7% memiliki kemampuan metakognitif CE tinggi, dan 53,3% memiliki kemampuan metakognitif TC tinggi. Berasarkan uji chi-square didapatkan bahwa tidak terdapat perbedaan proporsi pada asupan karbohidrat terhadap kemampuan metakognitif CC (p-value = 0,553) dan kemampuan metakognitif TC (p-value = 0,388). Hasil yang sama juga ditemukan pada lama waktu berlatih MLBB selama satu hari terhadap kemampuan metakognitif CC (p-value = 0, 104) dan kemampuan metakognitif TC (p-value = 0,631). Tidak adanya perbedaan proporsi juga ditemukan pada asupan protein nabati, protein hewani, omega-3, dan lama waktu berpengalaman, terhadap ketiga komponen kemampuan metakognitif (p-value > 0,05). Namun, ditemukan adanya perbedaan proporsi pada asupan karbohidrat terhadap kemampuan metakognitif CE (p-value = 0,021; OR = 2,4) serta pada lama waktu berlatih MLBB dalam satu hari terhadap kemampuan metakognitif CE (p-value = 0,005; OR = 2,7).
.....E-sports audience is increasing year by year. Metacognitive ability was found to be a factor which affect the quality of athletes. Metacognition includes the relationship between cognitive processes and mental experiences. Nutrients have been found to play a role in cognitive function. This study aims to determine the difference in the proportion of macronutrient intake and other factors on metacognitive ability with a cross-sectional study of 150 MLBB E-sport athletes in Jakarta. There are 54.0% respondents have high metacognitive ability CC, 62.7% have high metacognitive ability CE, and 53.3% have high metacognitive ability TC. Based on the chi-square test, it was found that there was no difference in the proportion of carbohydrates to metacognitive ability CC (p-value = 0.553) and metacognitive ability TC (p-value = 0.388). The same results were also found in the length of time practicing MLBB for one day on metacognitive abilities CC (p-value = 0.104) and metacognitive abilities TC (p-value = 0.631). No difference in proportion was also found in the intake of vegetable protein, animal protein, omega-3, and the length of time experienced for the three components of metacognitive ability (p-value > 0.05). However, there were found differences in the proportion of carbohydrate intake on metacognitive ability CE (p-value = 0.021; OR = 2.4) and the length of time practicing MLBB in one day on metacognitive ability CE (p-value = 0.005; OR = 2.7).