

Daily Nutritional Needs For Soccer School Students (SSB) Ages 12 To 15 Years

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Abstract

This study aims to determine the daily nutritional needs of soccer school students aged 12 to 15 years. This research method employs a quantitative descriptive strategy to describe the daily nutritional requirements of soccer school students aged 12 to 15 years. The study was carried out at the Bintang Semeru Wajak Soccer School (SSB), Malang Regency. The population of this study was 102 students who are students in the Soccer School (SSB). 15 students, or 15% of the total population, were included in the samples. Data was collected through a questionnaire consisting of 15 question items. Descriptive analysis techniques are used in data analysis. The findings showed that students behaved differently depending on how much nutrition they needed: 12% for high needs, 69% for medium needs, and 19% for low needs. Wajak Malang Regency has a rating of 0.651 and is classified as medium.

Keywords: Nutrition, Soccer School, Age Group

I. INTRODUCTION

According to the Indonesian Ministry of Health, nutritional needs are the number of nutrients required by each individual. Numerous factors, including age, gender, body weight, and height, determine the nutritional requirements of each individual. In addition, the level of physical activity is considered when determining a person's nutritional needs. Not to mention whether there are particular medical conditions or diseases. All of these factors determine the number of nutrients you require. Individuals have specific nutritional needs. The Nutrition Adequacy Ratio (NAR) is a value that indicates the average daily requirement for certain nutrients that must be met by nearly everyone with specific characteristics to live a healthy life. These characteristics are also the same as the factors that determine a person's nutritional requirements: age, gender, body weight, height, physical activity, and physiological state. (Kebutuhan et al., 2018)

Insufficient nutrition results in an insufficiency of nutrient sources for energy, consequently causing fatigue (Arifin, 2019). Unhealthy eating habits, such as skipping breakfast or a protein deficiency, can also contribute to a child's susceptibility to fatigue. Breakfast is essential for everyone to meet their nutritional needs in the morning, as part of balanced nutrition, and is beneficial for minimizing fatigue, stabilizing blood sugar levels, and preventing dehydration. Breakfast or eating and drinking in the morning are activities performed between waking up and 9 a.m. to complete 15 to 30 % of the daily nutrient needs to live a healthy, intelligent, and active life (Bashir, 2019).

Nutritional needs are influenced by many factors, one of which is behavior. Behavior is formed from three domains, namely knowledge, attitudes, and actions. Nutritional knowledge is crucial because outdoor activities require great stamina. This stamina is developed not only through exercising but also by eating well (Pinto et al., 2014). With proper nutrition knowledge, it is believed that individuals would be able to keep their nutritional status in optimal condition.

Nutritional status is linked to life quality. Understanding nutritional intake has never been known at the Bintang Semeru soccer school since the coaches themselves pay little attention to the relationship between nutritional intake and stamina in soccer training activities. Those with extensive nutritional knowledge tend to have a positive attitude toward obtaining sufficient nutrition. However, good nutrition knowledge does not guarantee a positive mindset.

In relation to the attitude of the coach, the Semeru star football school is unaware of their viewpoint on nutritional intake. In fact, their nutrient needs are crucial to their success in soccer learning. Not only is nutritional intake behavior influenced by information, but also by attitudes

and actions (Tarigan et al., 2022). Their nutritional intake behavior is intriguing to investigate to determine how far their behavior is towards the importance of nutrition in supporting order to determine how far their behavior is towards the importance of nutrition in supporting both academic and non-academic successes.

Previous research concluded that the nutritional needs of football school students of a certain age positively impacted on their academic performance and readiness (Anggara et al., 2017).

II. METHOD

This study employs a quantitative descriptive method. (Dr. Priyono, 2016) explains that descriptive research focuses on currently occurring phenomena. The phenomenon studied is behavior regarding nutritional needs while in other books descriptive quantitative research is carried out to provide a more detailed description of a symptom or phenomenon. The outcome of this research typically takes the form of a typology or patterns pertaining to the phenomenon under consideration (Ahyyar et al., 2020). The primary goal of this study was to offer a clear and accurate description of the nutritional needs of the participants at the Bintang Semeru Wajak Soccer School (SSB), Malang Regency, age group (AG) 12-15 years.

The population of this study consisted of 102 kids from the 12–15 age group (AG) at the Bintang Semeru Wajak Soccer School (SSB), Malang Regency. 15 students, or 15% of the total population, were included in the samples. Data was collected through a questionnaire consisting of 15 question items. Data analysis uses descriptive analysis techniques.

III. RESULT AND DISCUSSION

Result

Data regarding the behavior regarding the need for nutritional intake in the Bintang Semeru Wajak Soccer School (SSB) youth showed that the lowest score was (1.95) and the highest (4.0) of the total sample (n) = 102. The descriptive analysis of student behavior regarding nutritional intake needs produced the following results:

Table 1. The Result of Behavior Descriptive Analysis of Nutritional Needs at the Bintang Semeru Wajak Soccer School (SSB).

Statistics	F1	F2	F3	F
Min	0,659	0,594	0,580	0,611
Max	0,838	0,772	0,683	0,764
Mean	0,785	0,651	0,616	0,684
Sd	0,067	0,071	0,058	0,065

Description:

F1 : Behavior of diverse nutrition

F2 : Behavior of the source of nutrition

F3 : Behavior on influencing factors

F : Behavior regarding Behavioral Nutrition Needs

The behavior for diverse types of nutrition has the highest need for nutritious intake (0.785), whereas the behavior on influencing factors has the lowest (0.616).

This classification is based on the lowest score of 1 (strongly disagree) to the highest score of 5 (strongly agree) (strongly agree).

The following are definitions for categories:

High = 3,67 to 5.00

Moderate = 2,34 to 3,66

Low = 1,00 to 2,33

The majority of students' attitudes toward the need for nutritional intake fall into the category of moderate (69%), followed by low (12%), and then high (19%). The category of

student behavior regarding the need for nutritional intake is also the same for each aspect, with the medium being the highest, followed by high, and then low.

Based on student behavior data about nutritional intake needs that have been collected, a descriptive analysis is then carried out as follows:

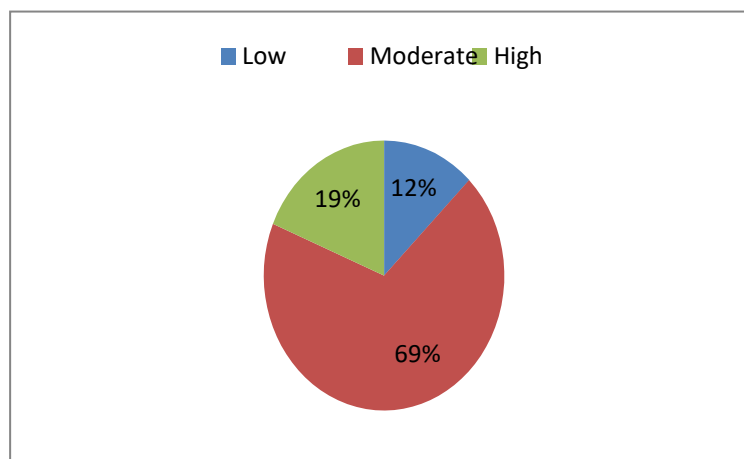


Figure 2 The average score of student behavior regarding the need for nutritional intake among youth students at SSB Bintang Semeru Wajak

The behavior of adolescents at the Bintang Semeru Wajak Soccer School (SSB) to meet nutritional needs (F1) is mostly in the moderate category (69%), then (F2) followed by low (19%) and finally (F3) high category (12%).

Discussion

The average student behavior regarding the need for nutritional intake in the Bintang Semeru Wajak Football School (SSB) shows that the lowest score is (2) and the highest. (3) The behavior of students regarding the need for nutritional intake is the highest in the behavior regarding the diverse types of nutrition and the lowest is the behavior regarding factors that influence student behavior related to nutritional intake needs closely related to eating or consumption behavior. Therefore, this activity must be comprehended from a healthy behavior perspective.

Breakfast routines, the selection of food types, the amount of food and drink consumed, and food hygiene are examples of healthy living behaviors (Ulfa et al., 2017). Students at the Bintang Semeru Wajak Soccer School (SSB) typically ingest carbohydrate- and fat-based energy-dense snacks. The students no longer choose street food based on how healthy it is. Instead, they do it for fun and to keep their status. Eating habits and food preferences among students are more complex and influenced by numerous elements, including the physical, social, and cultural environment, the effect of the surrounding environment (friends, family, and the media), and the physical, social, and cultural environment (Rangga, 2020).

The majority of students at the Bintang Semeru Wajak Football School (SSB) fall into the intermediate category (69%), followed by the low category (19%), and then the high category (12%). The category of students' behavior regarding the need for nutritional intake for each factor is also the highest, followed by medium, then high, and then low. The three dimensions that comprise behavior are knowledge, attitudes, and actions.

IV. CONCLUSION

According to the findings of the study, students' behavior regarding the need for nutritional intake was 12% in the high category, 69% in the moderate category, and 19% in the low category. It can be inferred that 69% of participants at the Bintang Semeru Wajak Football School (SSB) in the age group of 12 to 15 years show behavior regarding the need for nutritional intake that falls into the moderate category.

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