

ABSTRAK

HUBUNGAN ASUPAN PROTEIN DAN KONSUMSI SUPLEMEN *WHEY* PROTEIN DENGAN MASSA OTOT PADA ANGGOTA *FITNESS* AXEL GYM PURWOKERTO

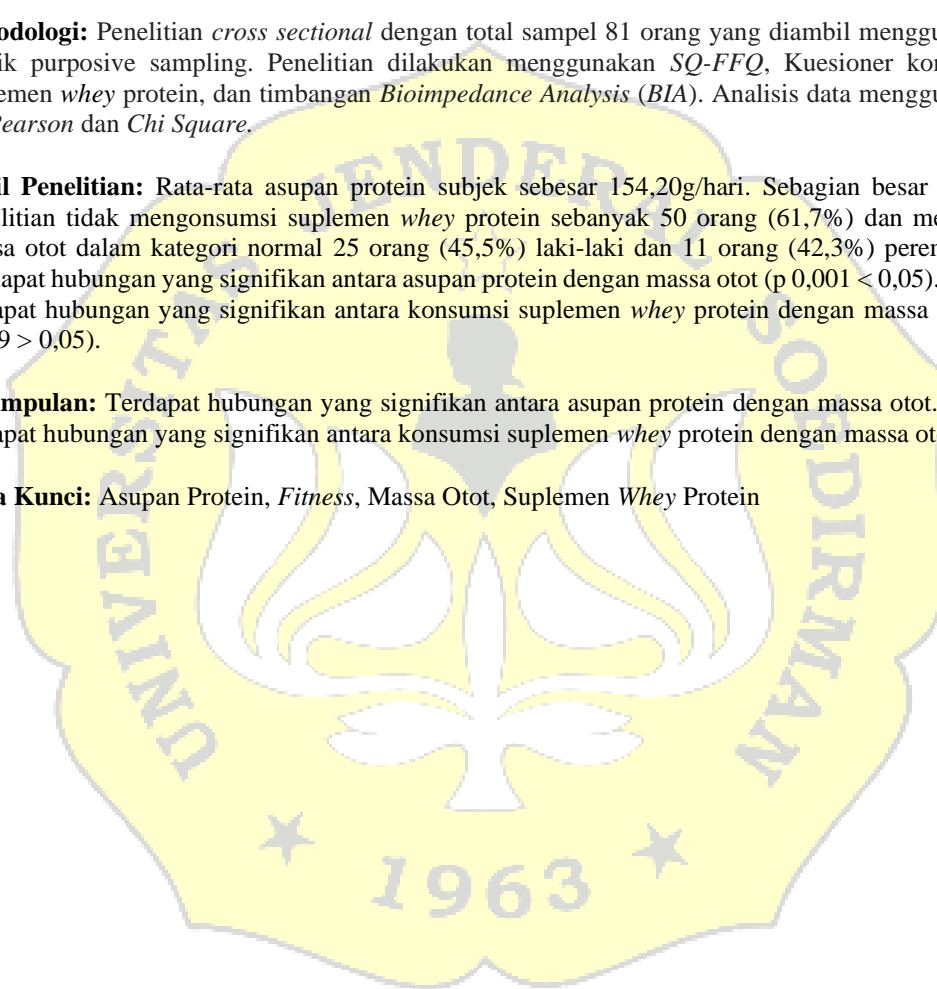
Latar Belakang: Protein berperan sebagai zat pembangun jaringan tubuh mengganti komponen dan struktur jaringan tubuh yang rusak seperti otot. Salah satu upaya untuk meningkatkan asupan protein adalah dengan konsumsi suplemen whey protein. Asupan protein yang cukup, terutama jika dikombinasikan dengan latihan fisik seperti angkat beban dapat membantu meningkatkan kekuatan dan massa otot.

Metodologi: Penelitian *cross sectional* dengan total sampel 81 orang yang diambil menggunakan teknik purposive sampling. Penelitian dilakukan menggunakan *SQ-FFQ*, Kuesioner konsumsi suplemen whey protein, dan timbangan *Bioimpedance Analysis (BIA)*. Analisis data menggunakan uji *Pearson* dan *Chi Square*.

Hasil Penelitian: Rata-rata asupan protein subjek sebesar 154,20g/hari. Sebagian besar subjek penelitian tidak mengonsumsi suplemen whey protein sebanyak 50 orang (61,7%) dan memiliki massa otot dalam kategori normal 25 orang (45,5%) laki-laki dan 11 orang (42,3%) perempuan. Terdapat hubungan yang signifikan antara asupan protein dengan massa otot ($p < 0,001 < 0,05$). Tidak terdapat hubungan yang signifikan antara konsumsi suplemen whey protein dengan massa otot ($p > 0,909 > 0,05$).

Kesimpulan: Terdapat hubungan yang signifikan antara asupan protein dengan massa otot. Tidak terdapat hubungan yang signifikan antara konsumsi suplemen whey protein dengan massa otot.

Kata Kunci: Asupan Protein, *Fitness*, Massa Otot, Suplemen *Whey* Protein



ABSTRACT

THE RELATIONSHIP BETWEEN PROTEIN INTAKE AND CONSUMPTION OF WHEY PROTEIN SUPPLEMENTS WITH MUSCLE MASS IN FITNESS MEMBERS AXEL GYM PURWOKERTO

Background: Protein acts as a building block for body tissues, replacing damaged components and structures of body tissues such as muscles. One way to increase protein intake is by taking whey protein supplements. Adequate protein intake, especially when combined with physical exercise such as weight training, can help increase muscle strength and mass.

Methodology: Cross sectional study with a total sample of 81 people taken using purposive sampling technique. The research was conducted using SQ-FFQ, whey protein supplement consumption questionnaire, and Bioimpedance Analysis (BIA) scales. Data analysis using Pearson and Chi Square tests

Results: The average protein intake of the subjects was 154.20g/day. Most of the study subjects did not consume whey protein supplements as many as 50 people (61.7%) and had muscle mass in the normal category 25 people (45.5%) male and 11 people (42.3%) female. There is a significant relationship between protein intake and muscle mass ($p < 0.001$). There is no significant relationship between whey protein supplement consumption and muscle mass ($p > 0.05$).

Conclusion: There is a significant relationship between protein intake and muscle mass. There was no significant relationship between whey protein supplement consumption and muscle mass.

Keywords: Fitness, Muscle Mass, Protein Intake, Whey Protein Supplement

