

Studi pengaruh komposisi sarapan berdasarkan nilai kkal terhadap performa kognitif dan fisik siswa/i SMP/SMA Negeri Khusus Olahragawan Ragunan = The study of the effects of breakfast composition based on kcal value to the cognitive and physical performance of the Junior and Senior High School for Athletes Ragunan students

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Abstrak

Studi pengaruh komposisi sarapan terhadap performa kognitif dan fisik dilakukan pada siswa/i SMP/SMA Negeri Khusus Olahragawan Ragunan yang terdiri dari 16 atlet renang dan 16 atlet senam. Tiga kombinasi sarapan yang diberikan dibedakan berdasarkan nilai kkal, yaitu nasi, sereal, dan tidak sarapan. Performa kognitif diukur dengan melihat hasil tes kognitif yang sudah dirancang, sedangkan performa fisik dilihat dari nilai VO2 Max dan nilai critical swim speed untuk atlet renang. Hasil pengukuran diolah berdasarkan tiga jenis faktor, yaitu jenis sarapan, jenis kelamin, dan jenis olahraga. Hasil analisis menunjukkan bahwa Nasi dengan nilai kkal paling tinggi memberikan dampak paling baik dibandingkan kedua menu lainnya.

.....The study of the effect of breakfast composition on cognitive and physical performance done at Junior and Senior High School for Athletes Ragunan consisting of 16 swimming athletes and 16 gymnastics athletes. Three combination breakfast given by the kcal value, namely rice, cereals, and no breakfast. Cognitive performance was measured by looking at the results of cognitive tests that have been designed, while physical performance seen from the VO2 Max and the critical swim speed value for the swimming athletes. The measurement results processed by three types of factors, the type of breakfast, sex, and type of sport. The analysis showed that rice with the highest kcal best impact than the other menus.