

Pengaruh pemberian minuman karbohidrat berkafein dibanding minuman isotonik terhadap status hidrasi masa pemulihan setelah olahraga studi pendahuluan pada atlet lari jarak jauh putra usia 18 45 tahun = The effect of caffeinated carbohydrate drink compared with isotonic drink on hydration status in recovery period post exercise preliminary study on male distance runner age 18 45 years old

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Abstrak

Penelitian ini dilakukan untuk mengetahui apakah pemberian minuman karbohidrat berkafein (MKK) lebih baik dibanding minuman isotonik (MI) terhadap status hidrasi dengan indikator osmolalitas urin, berat jenis urin, warna urin, berat badan dan rasa haus selama empat jam masa pemulihan setelah lari jarak jauh 10.000 m. Penelitian ini menggunakan studi eksperimental dengan desain paralel, acak, tersamar tunggal. Subyek penelitian sebanyak 20 pelari jarak jauh laki-laki dibagi menjadi dua kelompok, yaitu kelompok MKK (n=10) dan kelompok MI (n=10). Selama empat jam masa pemulihan setelah lari 10.000 m masing-masing kelompok mendapat MKK/MI sebanyak 2000 mL dan air putih 330 ml. Tidak ada perbedaan bermakna pada osmolalitas urin, berat jenis urin, warna urin, berat badan dan rasa haus di antara kedua kelompok. Kesimpulan yang dapat diambil bahwa pemberian MKK sama baiknya dengan MI dalam mempertahankan status hidrasi pada masa pemulihan setelah olahraga.

.....The aim of this study is to verify the effect of caffeinated-carbohydrate drink compared with isotonic drink on hydration status using indicator urine osmolality, urine specific gravity, urine color, body weight changes and thirst during four hours recovery period after 10.000 m run. The study design was randomized, controlled, single-blinded, clinical trial. Twenty male distance runners who participated as subjects in this study were divided into two groups, caffeinated-carbohydrate group (n=10) and isotonic group (n=10). During four hours recovery period after 10.000 m run, each group received either 2000 mL caffeinated-carbohydrate drink/isotonic drink and 330 mL water. There were no significant differences in urine osmolality, urine specific gravity, urine color, body weight changes and thirst between both groups. As a conclusion, caffeinated-carbohydrate drink is as good as isotonic drink in maintaining hydration status in recovery period post-exercise.