

**GAMBARAN STATUS GIZI, SOMATOTUPE, ASUPAN ENERGI DAN ASUPAN ZAT GIZI MAKRO PADA ATLET REMAJA DI SEKOLAH SEPAK BOLA (SSB) YAPPIS FOUNDATION SUDIRMAN SOCCER ACADEMY UNGARAN**

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**ABSTRAK**

**Latar Belakang:** Sepak bola merupakan olahraga dengan intensitas tinggi yang menuntut kondisi fisik optimal, termasuk daya tahan aerobik (VO<sub>2</sub>max) dan asupan nutrisi yang tepat untuk mendukung pertumbuhan dan performa atlet muda. Studi awal di berbagai akademi menunjukkan masih banyak atlet dengan kekurangan asupan energi dan zat gizi makro, yang dapat menghambat prestasi dan perkembangan mereka.

**Tujuan:** Megambarankan status gizi, *somatotype*, asupan energi, dan asupan zat gizi makro pada atlet remaja di Sekolah Sepak Bola (SSB) Yayasan YAPPIS Foundation Sudirman Soccer Academy Ungaran

**Metode:** Penelitian ini menggunakan desain deskriptif kuantitatif dengan pendekatan *cross sectional*. Subjek penelitian berjumlah 22 atlet yang diambil secara total sampling sesuai kriteria inklusi. Data dikumpulkan melalui pengukuran antropometri, penghitungan *somatotype* dengan metode *Heath-Carter*, serta wawancara *food recall* 2x24 jam.

**Hasil:** Hasil penelitian menunjukkan bahwa sebagian besar atlet (95%) memiliki status gizi baik berdasarkan indeks massa tubuh menurut umur (IMT/U), dan 86% atlet memiliki persentase lemak tubuh dalam kategori ideal. *Somatotype* atlet terbanyak tergolong dalam kategori *mesomorph ectomorph* yaitu 45%, sedangkan paling sedikit pada kategori central dengan persentase hanya sebesar 5%. Sebanyak 59% atlet tidak memenuhi kebutuhan energi mereka, dan 90% tidak mendapatkan cukup protein, sedangkan asupan lemak mereka cenderung berlebihan, mencapai 116,7%.

**Kesimpulan:** Status gizi sebagian besar atlet sudah sesuai sedangkan *somatotype* pada atlet belum sepenuhnya sesuai dengan standar ideal. Dari segi asupan gizi, sebagian besar atlet tidak mencukupi kebutuhan energi dan protein, sementara konsumsi lemak mereka cenderung berlebihan.

**Kata kunci :** status gizi, *somatotype*, asupan energi, zat gizi makro, atlet remaja, sepak bola.

**DESCRIPTION NUTRITIONAL STATUS, SOMATOTUPE, ENERGY  
INTAKE AND MACRONUTRIENT INTAKE IN TEENAGE ATHLETES  
AT THE YAPPIS FOUNDATION SUDIRMAN SOCCER ACADEMY  
UNGARAN**

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**ABSTRACT**

**Background:** Football is a high-intensity sport that demands optimal physical condition, including aerobic endurance (VO<sub>2</sub>max) and proper nutrition to support the growth and performance of young athletes. Preliminary studies at various academies show that many athletes are deficient in energy and macronutrient intake, which may hinder their performance and development.

**Objective:** Describing nutritional status, somatotype, energy intake, and macronutrient intake in adolescent athletes at the Sudirman Foundation YAPPIS Ungaran Football School (SSB).

**Methods:** This study used a quantitative descriptive design with a cross-sectional approach. The research subjects amounted to 22 athletes who were taken by total sampling according to the inclusion criteria. Data were collected through anthropometric measurements, somatotype calculations using the Heath-Carter method, and 2x24 hour food recall interviews.

**Results:** The results showed that most athletes (95%) had good nutritional status based on body mass index according to age (BMI/U), and 86% of athletes had body fat percentage in the ideal category. The somatotype of most athletes is classified in the ectomorph mesomorph category, which is 45%, while the least is in the medium category with a percentage of only 5%. As many as 59% of athletes do not meet their energy needs, and 90% do not get enough protein, while their fat intake tends to be excessive, reaching 116.7%.

**Conclusion:** The nutritional status of most athletes is adequate, but their somatotype does not fully meet ideal standards. In terms of nutritional intake, most athletes do not meet their energy and protein requirements, while their fat consumption tends to be excessive.

**Keywords:** nutritional status, somatotype, energy intake, macronutrients, adolescent athletes, soccer.

