

Comparison of Knowledge, Attitudes and Behaviors Regarding The Fulfillment of Fluid Needs During Exercise In Taekwondo And Karate Athletes Yogyakarta

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ABSTRACT

Achievement of optimal achievement is an accumulation of various elements supporting the achievements of sportsmen. To achieve optimal achievement many things are a factor, one of which is sports nutrition. In this article, researchers put more emphasis on losing body fluids. Loss of body fluids is called dehydration. Dehidarasi has a great impact on the decline in the performance of sportsmen. Sportsmen have great potential in training, especially for athletes who do not understand about fluid loss during the training process. The purpose of this study was to find out the Comparison of Knowledge Levels, Attitudes and Behaviors Regarding The Fulfillment of Fluid Needs During Exercise In Taekwondo And Karate Yogyakarta Athletes. The design of this study uses descriptive on taekwondo and karate sports in Yogyakarta. The research was conducted through the instrument "Questionnaire level of Knowledge, Attitudes and Behavior Regarding The Fulfillment of Fluid Needs During Exercise in Taekwondo and Karate Athletes Yogyakarta"

Thirty sportsmen from two martial arts karate and taekwondo participated in the study. In this study, no athlete scored perfectly. The majority of sportsmen have known that dehydration can lower perforomas and understand how to assess hydration status through urine color. Although the majority of athletes still believe that thirst is the best indicator of dehydration. This study shows that the level of knowledge, attitudes and behaviors related to dehydration in Taekwondo and Karate Yogyakarta athletes is quite good. Educational media about dehydration can be developed based on a still low questionnaire score.

Kata Kunci: athletes, dehydration, hydration, Yogyakarta.