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Energy Intake during Volleyball Training Camp Athlete of Week Sports National Student (POMNAS) West Sumatera

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Abstract
The purpose of the study to determine the energy intake when training camp in volleyball athlete of the National Student Sports Week (POMNAS) West Sumatra in 2013. The design of this study was a descriptive study. The population study was the volleyball athlete of the National Student Sports Week (POMNAS) West Sumatra in 2013, amounting to 24 people, 12 male athletes and 12 female athletes. Sampling was done with a total sampling design. To obtain research data used BMI testing and using questionnaires. Data were analyzed using descriptive statistical. The results of the study showed that: 1) Most of the nutritional status of male's volleyball athletes have a normal weight by 66.67% and overweight by 33.33% and most of the nutritional status of women's volleyball athletes have less weight by 1 person 8.33% , normal weight were 83.33% and overweight by 8.33% . 2) There were 4 male athletes who were not balanced between food consumption and physical activity and 8 balanced between food consumption and physical activity, and 3) there were 2 women athletes were not balanced between food consumption and physical activity and 10 were balanced between food consumption and physical activity.

Keywords: Energy Intake, POMNAS, Volleyball

INTRODUCTION
Of the many sports today, one that should receive attention and coaching sports sport is volleyball. Sports volleyball is a sport popular and in demand by the people of Indonesia. Popularity of volleyball in the community and students proved to often hold championships between clubs in Indonesia. Championship held aims to foster a reliable volleyball players and potential to be a team that will be able to scent the region in national and international championships. West Sumatra is one of the province develop volleyball sport to achieve the feat. In sports volleyball feeding with adequate nutrition greatly affects the athlete's performance. An athlete who consumes foods with balanced nutrition in a planned and programmed will be the optimal nutritional status and are able to maintain excellent achievement. Many clubs that provide guidance for creating a potentially defend volleyball athletes areas to the level of national, regional and international, especially in West Sumatra.

National Student Sports Week (POMNAS) is a national student sports event held 2 (two) years, as a sports event that is part of the nation's history and involvement in developing the sport in the country. POMNAS have a role in coaching and
search quality seeds, especially students from universities across Indonesia. National Student Sports Week (POMNAS) XIII 2013 DIY held as part of the Student Sports Competitions system. POMNAS XIII of 2013 is organizing sporting event held in the multi-event.

A results POMNAS standings in 2011, West Sumatra is ranked seventh, especially in sports volleyball West Sumatra has a poor performance. Men's volleyball team just up the preliminary round, while daughter until eight. Closure POMNAS 2011 was the final match of women's and men's volleyball. A woman's final against Jakarta Provincial against Banten province where the women's team won a gold medal Jakarta. As for the men's volleyball final, the men's team defeated Central Java Jakarta with a score of 3-0, and won the gold medal.

There are several factors that affect the athlete's performance as nutrition and diet, nutrition plays a role as an energy supply, build, and maintains body tissues, as well as regulates the processes of life in the body. It is that nutrition can support the achievement of athletes with intake / right dose, no excess or shortage of needs. In addition, the motivation is also a contributing factor athletic performance, according to Whitaker in Soemanto (1990: 193) gives the sense of motivation as conditions or circumstances which enable or encourage beings to behave goals posed by the motivation. Without desire and encouragement from outside of the athlete, the athlete is very difficult to achieve the goal.

In implementing the training program should make an exercise program, how much time will be in need of implementation. According Delorme and Watkin in Sajoto (1988: 119) states "training program held four times per week, for 6 weeks was effective". This is an exercise that is programmed that will deliver results and goals to be achieved.

The coach is someone who is very important in determining athletic performance. Coaches must have a firm stance and discipline in developing athletes. According Sudibyo (2002: 75) needs to be developed in fostering democratic athletes, among others, also taking into account the opinion, suggestions and complaints athletes. In addition, facilities and infrastructure in sport athlete must be fulfilled in order to be able to exercise comfortably and certainly can support athletic performance. As well as the environment and the family, and the family environment is a factor that influences from outside the athletes. Encouragement of parents is crucial achievements of athletes, while the environment is how athletes socialize.

Judging from the results of the final standings POMNAS in 2011 and based on the information obtained from the caretaker volleyball POMNAS, that the intake of energy and nutrients to the volleyball athletes less attention. Perhaps this is what makes the achievements obtained do not conform to what is expected. I would do some research on the scope of the Energy Intake Overview When Centering Exercise in Athletes volleyball POMNAS West Sumatra in 2013.

As you well know, that game volleyball is a sport that is popular with the public in the world, both as a sports game or school sports and recreation. The basic idea of the game volleyball is missed the ball through the opponent's area on the net and tried to shut down the opponent the ball area.

Nutrition comes from the Arabic "Ghidza" which means food. Classically nutritional word only associated with physical health, which is to provide energy,
build, and maintain body tissues, as well as regulate the processes of life in the body. According to Sunita Almatsier (2009: 3) Food is a material other than drug-containing substances or nutrients and elements / chemical bonds that can be converted into nutrients by the body, which is useful if inserted into the body.

According Vrause in Syafrizar and Wilda Welis (2008: 2) Nutritional science is the study of food in relation to the well-being of the body covering the needs of the food, the value of food, maintenance food for certain age groups and activities. Meanwhile, according to Syafrizar Yean Bogert and Wilda Welis (2008: 2) Nutritional science is the study of feeding the body setepat- precisely for growth, maintenance and repair. Meanwhile, according to Sunita Almatsier (2009: 3) Nutritional status is a condition of the body as a result of the consumption of food and the use of nutritional substances. Distinguished between poor nutritional status, less, better, and more. Based on expert opinion on the above it can be argued that the science of nutrition is the study of the relationship with the health food / nutrition science pertaining to food with the human body. The principle of feeding for athletes is a member in accordance with the input of nutrients the body needs. Referred to as the body needs adalan can replace and provide nutrients that have been and will be used to run the metabolic processes that provide physical fitness.

In order for food to support the athletes performance improvement, the food provided should be in the amount and sususnan right, should not be an excess or shortage of needs. Because excess or deficiency can cause metabolic changes that may be unwanted and disturbing changes in metabolism as a result of the exercise so that the achievements of the athletes are not as expected.

METHODS

This study is a descriptive meaning describe a state, condition, circumstances, events, activities and others. In accordance with the opinion Arikunto (1990: 351) that deksriptif is a research study meant to gather information about the status or a symptom that is done. Where the research was conducted in Gor Padang State University which is located in Freshwater Padang, while the time the study was conducted in November 2013.

According Sugiyono (2006: 117) population is a generalization region consisting of the object / subject that has a certain quantity and characteristics set by the investigators to be studied, researched and then drawn conclusions. The populations in this study are all volleyball athletes POMNAS West Sumatra in 2013, both men's and women which amounted to 24 people.

Given the relatively small number of population, the entire population of 24 people sampled (the entire volleyball athletes POMNAS West Sumatra 2013 son and daughter). The sampling technique used in this study is total sampling. A data collection technique in this research is to spread the questionnaire or questionnaires to obtain information and an overview of the current energy intake in athlete’s volleyball training camp POMNAS West Sumatra 2013.

Anthropometric data processing for the assessment of nutritional status can be done is look at the nutritional status by calculating the Body Mass Index (BMI) or body mass index (BMI), by the formula:
To obtain a clearer picture of the problems of energy intake when training camp in West Sumatra POMNAS volleyball athletes in 2013 first made approach interviews with respondents who can provide answers to the problems of the athlete nutrition. After the approach or preliminary studies, the next step is to conduct a questionnaire or a questionnaire to all members of the respondent. Techniques of data analysis in this study is the way, all the results of the questionnaire answers were checked one by one, then grouped according to type with the aim to facilitate the research reports. After the questionnaires collected and compiled the data, then the data processing performed by descriptive statistical analysis using frequency tabulation technique or techniques percentage. According to Usman (1995: 74), with statistical formula as follows:

Specification:
P = Number Percent
F = Frequency
N = Number

RESULTS AND DISCUSSION
1. Nutritional Status
Based on the research results can be explained that from 12 respondents son, no one has the nutritional status of the category of underweight, normal weight category as many as 8 people (66.67%), and the category of overweight 4 people (33.33% ). And can be described that of 12 respondents daughter, who has nutritional status at least as much weight category 1 (8.33%), normal weight category as many as 10 people (83.33%), and the category of overweight 1 person (8.33%).

2. Energy consumption
Based on the results of the energy consumption data of respondents son was taken against 12 people, obtained the highest score lowest score of 3817 calories and 2792 calories, while the range (distance measurement) 250. Based on the data of the group arithmetic average (mean) of 3349 calories and the midpoint (median) 3435 calories and standard deviation (standard deviation) 341. and based on the energy consumption data of respondents daughter taken against 12 people, obtained the highest score and the lowest score of 2632 calories 1699 calories while the range (distance measurement) 150. Based on the data of the group mean arithmetic average (mean) of 2037 calories and the mean (median) 2024 calories and standard deviation (standard deviation) 249.

3. Physical Activity
Based on the results of the energy data through physical activity respondents son was taken against 12 people, obtained the highest score and the lowest score of 3640 calories 2790 calories while the range (distance measurement) 170. Based on the data of the group arithmetic average (mean) of 3256 calories and the mean (median) 3283 calories and standard deviation (standard deviation) 261. Based on the data and energy through physical activity respondents daughter taken against 12 people, obtained the highest score and the lowest score of 2431 calories 1652 calories while the range (distance measurement) 160. Based on the data group the
arithmetic average (mean) of 2033 calories and the mean (median) 1999 calories and standard deviation (standard deviation) 191.

DISCUSSION
From the results of research related to energy intake review current volleyball athlete's training camp at the National Student Sports Week (POMNAS) West Sumatra, 2013. It is necessary to put forward the discussion as follows:

1. The nutritional status of athletes
Based on the analysis that has been done envisaged that the nutritional status of athlete’s sons were in the normal category, with less weight nutritional status as 0 people, with the percentage (0%), normal weight by 8 people, with the percentage (66.67%), and overweight 4 people, with a percentage (33.33%). Based on the analysis that has been done envisaged that the nutritional status of women athletes are in the normal category, the nutritional status of low birth weight by 1 person, with the percentage (8.33%), normal weight as many as 10 people, with the percentage (83.33%), and overweight one person, with the percentage (8.33%).

Based on the above data it is known that the majority of male and female athletes of normal weight, due to male and female athletes pay more attention to food habits, foods that are good for health, as well as maintaining the physical condition of the body in a variety of physical activities. Athletes should need to know about what the nutrients contained in the food and their body functions, so as to increase metabolism and balance the state of a person’s body condition. If an athlete does not understand the basic principles of nutrition and do not know the nutritional needs derived from various kinds of food, as well as the number of calories in and out of the activities of physical activity, it is very difficult for them to have food that is needed by the body, as well as for those who do not know how many calories in and balance the number of calories out.

2. Nutritional status according to food consumption
Based on the analysis that has been done in one week with an average consumption of incoming obtained a picture of the athlete's son that there are 4 male athletes who is not balanced between food consumption and physical activity and 8 balance between food consumption and physical activity. Based on the analysis that has been done in one week with an average consumption of incoming obtained a picture of the female athletes that there are 2 women athletes are not balanced between food consumption and physical activity, and 10 people were balanced between food consumption and physical activity.

Nutritional status is determined by factors of food consumption. The higher consumption of food is getting more nutrients a person and the lower consumption of food someone worsening nutritional status. Food consumption associated with physical activity. Because the amount of calories consumed one must balance the number of calories expended with activity, in order to produce normal weight, because eating too much consumption will make overweight (obese).

According Soekirman (1999) "one of the factors that influence a person's nutritional status is a nutritional intake of food consumption". According Sediaoetama (1996) "a person's nutritional status is highly dependent on the level of consumption, while the level of consumption is determined by the quality and
quantity of the dishes, it is shown by the presence of all the nutrients that the body needs in the arrangement of dishes and comparisons against one another".  
3. Nutritional status according to physical activity  
Based on the analysis that has been done in one week with an average physical activity obtained a picture of the athlete's son that there are 4 male athletes who is not balanced between food consumption and physical activity and 8 balance between food consumption and physical activity. Based on the analysis that has been done in one week with an average consumption of incoming obtained a picture of the female athletes that there are 2 women athletes are not balanced between food consumption and physical activity, and 10 people were balanced between food consumption and physical activity. Nutritional status is determined by factors of physical activity and daily activities. The higher the lower the activity of a person's nutritional status. Because physical activity must be balanced with the consumption of food that is needed by the body, high physical activity will cause a person to his or her health declined and fatigue. The number of calories out of the body would be led to the status of malnutrition (underweight). According Sediaoetama (1996) "needs a nutrient is affected by body weight, age, gender and activity". In adolescence with rapid growth in addition to the energy needed enough, other nutritional substances that specifically require attention are proteins, minerals and vitamins, in addition to meeting the needs of the growth phase are also the fulfillment of an athlete's level of physical activity, both boys and girls.

CONCLUSION
1. Most of the nutritional status of boys and girls volleyball athletes had normal weight.  
2. Based on the analysis that has been done in one week with average food consumption and physical activity obtained a picture of the son and daughter-balanced athlete.

SUGGESTION
1. Expected for athletes to improve nutrition knowledge in the selection of food that can be more effective for consumption.  
2. Expected for athletes to balance food intake with physical activity, in order to get a normal weight.  
3. Expected for athletes who have normal weight in order to maintain it, while the athletes less weight in order to gain weight and improve nutritional status in accordance with the needs, and the excess weight in order to decrease the nutritional status in accordance with the requirement that the body needs.

REFERENCES  

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CERTIFICATE OF PARTICIPATION

This is to certify that

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