

ABSTRAK

Kajian ini dijalankan untuk mengenal pasti kefahaman dan pengambilan pemakanan dalam sukan di kalangan 182 atlet sekolah berasrama penuh negeri Perak iaitu Sekolah Menengah Sains Raja Tun Azlan Shah, Taiping, Sekolah Menengah Sains Teluk Intan, Sekolah Tuanku Abdul Rahman, Ipoh dan Kolej Melayu Kuala Kangsar, Kuala Kangsar. Responden dipilih secara rawak, terdiri dari 121 atlet lelaki dan 61 atlet perempuan yang berusia di antara 12 tahun hingga 17 tahun. Responden yang dipilih sekurang-kurangnya telah mewakili sekolah dalam sebarang acara sukan atau permainan. Kajian dijalankan melalui satu set soal selidik yang diubahsuai dari Harrison et.al (1991), Stare.,F.J. dan McWilliams. , M. (1990) dan Dardon.,E. (1978).Data yang diperolehi dianalisis menggunakan kaedah statistik deskriptif dan ujian t. Keputusan kajian menunjukkan sebanyak 97.8% (178 orang) mempunyai kefahaman yang tinggi mengenai pemakanan dalam sukan dan 94.0% (171 orang) berpengetahuan tinggi mengenai pengambilan makanan. Selain itu dapatan kajian melalui ujian t menunjukkan bahawa tidak terdapat perbezaan yang signifikan tentang tahap kefahaman dan pengambilan pemakanan dalam sukan di antara atlet lelaki dan perempuan. Hasil pengujian memaparkan nilai t adalah lebih rendah dari nilai aras keertian (0.05) iaitu $t = -0.32$ ($t=-0.32,p<0.05$)untuk kefahaman pemakanan dan $t = -0.12$ ($t=-0.12,p<0.05$) untuk pengambilan makanan. Hasil kajian juga menunjukkan 42.9% responden mendapatkan sumber maklumat mengenai pemakanan daripada jurulatih, 30.8% daripada ibubapa dan 22.0% daripada guru sekolah. Dapatan kajian juga menunjukkan responden mempunyai kefahaman dan pengambilan pemakanan yang positif. Kajian ini diharap dapat mempertingkatkan kesedaran dan sumber maklumat untuk pembinaan program pemakanan yang terbaik bagi atlet.

ABSTRACT

UNDERSTANDING FOOD INTAKE IN SPORTS AMONG FULLY RESIDENTIAL SCHOOL STUDENTS.

This study was carried out to identify the understanding about food intake in sports among 182 school athletes of three fully residential school and a residential college in Perak. The respondents were randomly selected consisting of 121 male athletes and 61 female athletes, aged between 12 to 17 years old. The athletes selected for this study have at least taken part in some form of sports events. A set of questionnaire, modified from Harrison et.al (1991), Stare, F.J. and McWilliams.M. (1990) and Dardon.E. (1978) was employed for this study. The data collected were analysed using descriptive statistic method and a t test. The findings of this study show that 97.8% (171 athletes) indicated that they are knowledgeable about food intake in sports. Besides this, the t test results show that there is no significant difference about the level of understanding about food and food intake in sports between male and female athletes. The test reveal that the t test is lower than the level of significance (0.05), $t = -0.32$ ($t = -0.32$, $p < 0.05$) for understanding of food intake and $t = -0.12$ ($t = -0.12$, $p < 0.05$) for food intake. The findings also show that 42.9% of the respondents obtain information about food related to sports from coaches, 30.8% from parents and 22% from their school teachers. The findings also reveal that the respondents understand concerning positive food intake quality and considers food quality as an important element. It is also hoped that this study would enhance realization and become a source of information towards building the best food program for athletes.