

## **ABSTRACT**

Antaresa Yusuf Maulida. 2022. The Effect of Nutrition Counseling with the Media "Nutrition Smart Book for Athletes" on Knowledge and Nutritional Attitudes and Energy Consumption Levels of Weightlifting Athletes in KONI Malang Dormitory. Supervised by: Dr. Ir. Rr. Endang Sutjiati, M.Kes and Dwipajati, SST, M.Gz

Based on a preliminary study, it was found that most athletes' nutritional intake was inappropriate due to a lack of knowledge and understanding of athletes regarding food selection, lack of education about the importance of the influence of sports nutrition on the performance of athletes, coaches, and administrators, and lack of nutrition and health personnel who understand and practice achievement in sports nutrition. Based on this, the role of nutritionists and other health workers becomes very important in providing education and guidance on sports nutrition to achieve the best performance of an athlete. The board of directors at the KONI Malang Weightlifting Dormitory stated that the eating arrangements for the weightlifting athletes at the KONI Malang Dormitory were only to meet the need for food and meet their weight according to their championship class. The board of directors felt that they did not need a nutritionist or calculation the nutritional needs of athletes in the dormitory because weightlifters were considered to only need to eat a lot of food or go on a diet to maintain their weight. This study aims to determine the effect of nutrition counseling with the media "Nutrition Smart Book for Athletes" on nutritional knowledge and attitudes and the level of energy consumption of weightlifting athletes in the KONI Malang Dormitory. This research is a pre-experimental study using a one-group pre and post-test design and using a purposive sampling technique to determine the number of samples. The sample size in this study was 5 people with an age range of 14-21 years. Data analysis used a questionnaire test (validity and reliability test) and descriptive analysis. The test results show that there is an effect of counseling on the level of knowledge and nutritional attitudes as well as the level of energy consumption of weightlifting athletes in the Malang KONI Dormitory.

Keywords: Sports nutrition, Counseling, Knowledge, Attitude, Energy consumption level