

## **ABSTRAK**

### **HUBUNGAN KADAR HEMOGLOBIN TERHADAP PEMULIHAN PASCA LATIHAN PADA ANGGOTA BOLA BASKET DI UNIVERSITAS TEKNOKRAT INDONESIA**

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Hemoglobin memiliki peran dalam tubuh manusia yang dimana tugasnya membawa oksigen ke seluruh jaringan tubuh bersama sel darah merah dan media transport karbondioksida dari jaringan tubuh ke paru-paru. Dalam Latihan olahraga hemoglobin berperan dalam pemulihan pasca Latihan untuk mengembalikan tubuh kembali ke standar normal manusia. Penelitian menggunakan rancangan kuantitatif observasional dengan pendekatan cross sectional study, yaitu suatu pendekatan yang sifatnya sesaat. Penelitian ini bertujuan untuk mencari korelasi sederhana atau correlate bivariate yaitu korelasi antara kadar hemoglobin terhadap pemulihan pasca latihan yang dilaksanakan terhadap anggota UKM Bola Basket di Universitas Teknokrat Indonesia yang memiliki standar usia remaja dan kesehatan tubuh yang baik. Penelitian dilakukan dengan mengukur kadar hemoglobin serta dengan melakukan latihan lari 800 meter dan pasif rest selama 5-10 menit. Hasil penelitian didapatkan kadar hemoglobin (Hb) rata-rata ialah 16,7 g/dl (gram per desiliter) dengan nilai kadar hemoglobin tertinggi 17,8 g/dl dan terendah 14,5 g/dl. Untuk Pemulihan pasca latihan didapat data dengan denyut nadi rata-rata 86,4 denyut permenit (Bpm) dan nilai tertinggi ialah 96 denyut permenit (Bpm) serta terendah ialah 80 denyut permenit (Bpm). Dalam analisis dari korelasi data di dapat nilai signifikansi .029 dan Pearson Correlation -.400. Dapat disimpulkan bahwa memiliki hubungan namun hubungan tersebut negative dan derajat hubungannya ialah lemah antara kadar hemoglobin dengan pemulihan pasca latihan pada anggota UKM Bola Basket di Universitas Teknokrat Indonesia.

**Kata kunci :** Kadar Hemoglobin, Pemulihan Pasca Latihan

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### ***RELATIONSHIP BETWEEN HEMOGLOBIN LEVELS TO POST- TRAINING RECOVERY IN BASKETBALL MEMBERS AT UNIVERSITAS TEKNOKRAT INDONESIA***

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Hemoglobin has a role in the human body whose job it is to carry oxygen to all body tissues along with red blood cells and carbon dioxide transport media from body tissues to the lungs. In sports exercise hemoglobin plays a role in post-exercise recovery to return the body back to normal human standards. This research uses an observational quantitative design with a cross sectional study approach, which is an approach that is momentary in nature. This study aims to find a simple correlation or Correlate Bivariate, namely the correlation between hemoglobin levels and post-exercise recovery carried out on members of the Basketball UKM at Universitas Teknokrat Indonesia who have adolescent age standards and good physical health. The study was conducted by measuring hemoglobin levels and by doing 800 meter running and passive rest for 5-10 minutes. The results showed that the average hemoglobin (Hb) level was 16.7 g/dl (grams per deciliter) with the highest hemoglobin level being 17.8 g/dl and the lowest being 14.5 g/dl. For post-exercise recovery data obtained with an average pulse rate of 86.4 beats per minute (Bpm) and the highest value is 96 beats per minute (Bpm) and the lowest is 80 beats per minute (Bpm). In the analysis of the correlation of the data in the significance value of .029 and Pearson Correlation -.400. It can be concluded that there is a relationship but the relationship is negative and the degree of the relationship is weak between hemoglobin levels and post-exercise recovery in members of the Indonesian Teknokrat University Basketball UKM.

**Key words :** Hemoglobin Level, Post-Exercise Recovery