ABSTRAK

Binaraga, dan pekerja kuli angkut barang sama-sama melakukan aktivitas berat, namun binaraga melakukannya untuk melatih otot, sementara pekerja kuli melakukannya sebagai suatu pekerjaan untuk mencari nafkah. Aktivitas berat dapat menyebabkan proteinuria. Sedangkan, protein berperan penting untuk stimulasi kerusakan otot setelah aktivitas, kekurangan protein dapat menyebabkan retensi natrium, dan air di serat otot sehingga menyebabkan edema, dan jika berlebihan protein menyebabkan kegemukan. Penelitian ini bertujuan untuk mengetahui perbedaan kadar protein urin antar responden, berdasarkan lamanya responden menekuni aktivitas beratnya, serta mengedukasi masyarakat akan pentingnya protein.

Penelitian ini menggunakan metode deskriptif, dengan total sampel 30 responden binaraga angkat beban, dan 30 responden pekerja kuli angkut barang yang melakukan aktivitas berat dibawah 5 tahun, dan diatas 5 tahun. Hasil penelitian menggambarkan perbedaan frekuensi kadar protein urin binaraga angkat beban, dengan pekerja kuli angkut barang berdasarkan keseluruhan hasil dari lamanya menekuni aktivitasnya, dan pada uji *T - Independent* di dapat hasil 0,003, yang menunjukkan adanya perbedaan kadar protein urin antara binaraga angkat beban dengan pekerja kuli angkut barang berdasarkan lamanya menekuni aktivitas.

Terdapat perbedaan pada kadar hasil pemeriksaan uji semi kuantitatif protein urin binaraga angkat beban dengan pekerja kuli angkut barang terhadap lamanya menekuni aktivitas berat. Berdasarkan hasil gambaran, dan uji statistik.

Kata Kunci : Binaraga, Pekerja kuli angkat barang, Kadar Proteinuria
Kepustakaan : 22
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ABSTRACT

Bodybuilders and laborers who carry heavy loads both engage in strenuous activities, but bodybuilders do it to train their muscles, while laborers do it as a job to earn a living. Heavy activity can lead to proteinuria. Meanwhile, protein plays an important role in stimulating muscle repair after activity; a deficiency in protein can cause sodium and water retention in muscle fibers, leading to edema, while an excess of protein can result in obesity. This study aims to determine the differences in urinary protein levels among respondents based on the duration of their heavy activity, as well as to educate the public about the importance of protein.

This research employs a descriptive method, with a total sample of 30 weightlifting bodybuilders and 30 laborers who have engaged in heavy activity for less than 5 years and for more than 5 years. The results illustrate the difference in urinary protein levels between weightlifting bodybuilders and laborers based on the total duration of their activities. An independent T-test yielded a result of 0.003, indicating a significant difference in urinary protein levels between weightlifting bodybuilders and laborers based on the duration of their activities.

There are differences in the results of semi-quantitative urinary protein tests between weightlifting bodybuilders and laborers based on the duration of heavy activity, according to the findings and statistical tests.

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Keyword : Bodybuilders, Manual Laborers, Proteinuria Levels
Reference : 22
Year : 2014 - 2023