PROFILE OF VO2 MAX AND OXYGEN SATURATION LEVELS ON FUTSAL PLAYER SMOKERS AND NON SMOKERS

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ABSTRACT

Health problems can occur in someone who has a habit of smoking. An athlete who maintains physical health and fitness with regular physical and exercise activities can also be affected by the smoking habit. Review from various advanced countries get the prevalence of athletes who are actively smoking on average as much as 23%. The smokers are mostly involved in futsal, skate boarding, wrestling, tennis and football. This study aims to determine the profile of VO2max and oxygen saturation levels in players futsal smokers and nonsmokers.

The study design was an observational research with cross sectional study approach. The samples were 16 futsal players divided into 2 groups, 9 smokers and 7 non smokers selected by purposive sampling. Statistical analysis using Mann-Whitney test to determine the profile of VO2max and oxygen saturation level in players of smokers and non smokers.

The results of this study were profile of VO2max in the group of smokers with sufficient classification 77,8% and the non smokers group 100% with a good classification. The oxygen saturation level of groups of smokers and non-smokers is 100% with normal classification. The result of statistical test shows that there is difference of VO2max profile on the players of smokers and smokers (p value = 0,034), there is difference of oxygen saturation level on the players of smokers and non smokers (p value = 0,024). There are differences in profile of VO2max and oxygen saturation level in players of smokers and non smokers.

Keywords: futsal player, oxygen saturation level, smoker, VO2max

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