

Correlation between UPI Sports Science Program Students' Knowledge and Their Supplement Consumption Behavior

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Abstract—This research was aimed at knowing sport science program students' knowledge and behavior toward food and drug supplement consumption used for sport performance. Method used was descriptive correlation using questionnaire and interview technique. Results showed that students' knowledge level was varied from poor until average (25% poor, 75% average). While the students' behavior were considered between bad and fair (42,5% bad and 57,5% fair. There was a significant correlation between students' level of knowledge and their behavior.

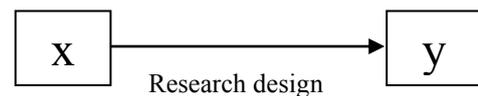
Keywords—knowledge level; consumption behavior; supplement; students

I. INTRODUCTION

Recently, drug and food supplements are used widely in our society, moreover by sport practitioners [1]. Drugs and food supplements indeed provide a lot of advantages. However, besides the supplements' idolization, there are some negative side effects that must be taken into consideration before used. The side effects include minor disease until death [2,3,4]. Unfortunately not all supplement consumers realize these risks. Sport science program students (IKOR UPI) are students actively doing sports because of their courses and also because there are a lot of them are professional athletes in many sports. For that reason, those students are one of groups have tendency to use drugs and food supplements for sport performance goals. Those students are also future sport science experts who will be in society providing knowledge they get in college for people, specially sports people.

II. METHOD

Research was conducted for 5 months (Mei-August 2011). It took place at FPOK UPI Bandung. It was correlation descriptive study. The subjects were sport science program students. The instruments used were a test for students knowledge regarding drugs and food supplements and a questionnaire about students' behavior in consuming drugs and food supplements for sport performance targets. Participants were 40 freshmen, who has not receive sport drugs class.



Abbreviations:

X= students; knowledge

Y= supplement consumption behavior

R= correlation between knowledge and behavior

Data was analyzes using Pearson Correlation test with significance 95%.

Fig. 1. The design was ex post facto research.

III. RESULTS

A. Descriptive Analyzes

1) UPI sport science program students' knowledge regarding C

TABLE I. STUDENTS' KNOWLEDGE

Mean	Frequency	Percentage (%)	Level
1.00 – 2.49	10	25%	Poor
2.50 - 3.50	30	75%	Fair
Total	40	100.0	

According to the table above, students' knowledge level regarding drugs and food supplement used for sport performance goals are 25% poor and 75% fair.

2) UPI sport science program students' UPI sport science program students' supplement consumption behavior

TABLE II. SUPPLEMENT CONSUMPTION BEHAVIOR

Mean	Frequency	Percentage (%)	Level
1.00 – 2.49	17	42.5%	poor
2.50 - 3.50	23	57.5%	fair
Total	40	100.0	

According to the table above, students' behavior level regarding drugs and food supplement consumption are 42,5% poor and 57,5% fair.

B. Inferensional Analysis

Correlation between UPI Sports Science Program Students' Knowledge and Their Supplement Consumption Behavior.

TABLE III. CORRELATION BETWEEN UPI SPORTS SCIENCE PROGRAM STUDENTS' KNOWLEDGE AND THEIR SUPPLEMENT CONSUMPTION BEHAVIOR

Correlation	r	Sig	
Knowledge*behavior	.547**	.000	Positive correlation

According to the table above the correlation score is .547 with significance .000, so H0 was denied, means there was significant correlation between UPI Sports Science Program students' knowledge and their supplement consumption behavior. According to the analyzes better knowledge will lead to better behavior.

IV. DISCUSSION

Sport science program students (IKOR UPI) are students actively doing sports because of their courses and also because there are a lot of them are professional athletes in many sports. For that reason, those students are one of groups have tendency to use drugs and food supplements for sport performance goals. Those students are also future sport science experts who will be in society providing knowledge they get in college for people, specially sports people. From data analyzed it was found that 25% students having poor knowledge while other 75% having fair level of knowledge regarding drugs and food supplements. No one having high level of knowledge. This fact was not a

good news, and one must find out the background of students lack of knowledge, because supplements for sports are include in many of their courses during program [5].

From result there was also found that students' behavior regarding the supplements consumption were poor on 42.5% students and fair enough for other 57.5% students. Even though the proportion of students having fair behavior is higher than poor one, but 42.5% students having poor behavior must not being ignored. Those student were expected to have good judgment regarding their behavior.

There was significant correlation between UPI Sports Science Program students' knowledge and their supplement consumption behavior. Better knowledge will lead to better behavior.

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