



The association between nutrition knowledge and attitude towards dietary intake among competitive elite athletes in DKI Jakarta

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Abstract

Background: Good nutritional knowledge is important for athletes to develop positive attitude and proper dietary practices, especially supporting training, competition, and peak performance. Lack of knowledge can lead to energy and nutrient imbalances, which can disrupt physiological adaptation, recovery, and athletic performance. Unlike previous studies on knowledge, attitude, and practice (KAP), which generally only assess questionnaire scores on eating practices without directly analyzing dietary intake, this study takes a different approach by directly analyzing dietary intake and considering differences between rest days and training days.

Objectives: To analyze the association between nutritional knowledge and attitudes towards dietary intake among competitive elite athletes in DKI Jakarta.

Methods: A cross-sectional study was conducted on 188 athletes KONI DKI Jakarta (martial arts and stop-and-go sport) who met the criteria through proportional random sampling. A valid and reliable questionnaire (Cronbach's Alpha: 0.850 for knowledge, 0.722 for attitude) was used. Dietary intake was evaluated using the 24-hour recall method on rest days and training days. Dietary intake was analyzed based on energy, protein, fat, and carbohydrate adequacy. Data were analyzed using the chi-square test.

Results: Most athletes have low nutritional knowledge (84.6%), and more than half show a positive attitude (54.8%). However, no significant association ($p > 0.05$) was found between nutritional knowledge and attitude towards adequate intake of energy, protein, fat, and carbohydrates, either on rest days or training days.

Conclusions: Nutrition knowledge and attitudes are not significantly related to dietary intake. Further research is needed to explore other factors that influence nutritional behaviour in athletes.

Keywords: nutritional knowledge, attitude, dietary intake, sport, athletes

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