

ABSTRACT

The role of nutrition in sports, especially professional sports such as football require skilled experts to keep special and intensive nutritional needs of the players. One of the nutritional needs is water that can affect the performance of athletes fatigue and if intake is not sufficient. The purpose of this study was to analyze the correlation between the body's hydration status of athletes football sports performance. Identifying characteristics of athletes, athlete's level of knowledge concerning to hydration, the amount of fluid intake during training and matches. Performance was measured using 2.4 km running test method and counting VO₂MAX. This study was an observational analytic study. The population in this study were the football athletes in Surabaya. The sample were the total population as many as 13 individuals. The results obtained, there was a correlation between hydration status before 2.4 km run with the results of 2.4 km running test ($p = 0.002$; $\alpha = 1\%$). There was no correlation between hydration status before 2,4 km running test with VO₂MAX ($p = 0.19$; $\alpha = 5\%$). There was a correlation between hydration status after the 2.4 km running test with a 2.4 km running test results ($p = 0.001$; $\alpha = 1\%$). There was a correlation between hydration status after 2.4 km running test with VO₂MAX ($p = 0.019$; $\alpha = 5\%$). Conclusion that can be drawn, hydration status is related to sports performance so it is suggested that coaches or football administrators to give particular attention on the need of water in order to prevent decreasing performance due to dehydration.

Keywords: *hydration, football athlete, athlete nutrition, athlete performance.*