

The Effect Of Padang Food On The Performance Of Foreign Athletes At Semen Padang FC

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Abstract- This study aims to analyze the impact of Padang cuisine consumption on the performance of foreign athletes playing for the Semen Padang FC football club. Padang cuisine is renowned for its rich and flavorful spices, but it is also characterized by a high fat and calorie content. This factor is suspected to affect the physical condition and performance of athletes, particularly foreign players who are not accustomed to this dietary pattern.

The research employs a mixed-methods approach, including a survey of 8 foreign athletes from Semen Padang FC, in-depth interviews with the team's nutritionist, and performance analysis based on match data over one competitive season. The findings indicate that 60% of the athletes experienced a decline in performance during the initial weeks, attributed to adaptation challenges to Padang cuisine, such as reduced energy levels or digestive issues. However, following dietary adjustments involving menu modifications to Padang cuisine with the assistance of the nutritionist and specialized catering from Cleanfood.pdg, the athletes' performance improved by up to 15% compared to the beginning of the season.

This study concludes that Padang cuisine can significantly influence the performance of foreign athletes, both positively and negatively, depending on the adaptation process and nutritional management. The research provides important recommendations for clubs to adjust the dietary patterns of foreign players to achieve optimal performance on the field.

Keywords: Padang cuisine, Foreign athletes, Performance adaptation, Sport nutrition

I. INTRODUCTION

Football is a sport that relies heavily on the physical fitness and optimal performance of its athletes. In this context, nutrition plays an important role in supporting players' endurance, strength and concentration, especially for foreign athletes who have to adapt to a new environment, including the local diet. Semen Padang FC, as one of the professional football clubs in Indonesia, has a tradition that is closely related to Minangkabau culture, including the consumption of Padang food. Padang food, although rich in spices and nutritious, is often considered less than ideal for athletes' needs due to its high fat and calorie content.

Several previous studies have highlighted the importance of nutritional adaptations for foreign athletes. For example, a study by Smith et al. (2020) showed that dietary changes can affect physical performance, especially in the early stages of adaptation. Another study by Tan & Lim (2018) mentioned that a local diet that does not meet the needs of athletes can lead to

decreased performance and increase the risk of injury. However, to date, there has been limited research on the specific impact of Padang food on foreign athletes' performance. This study offers novelty by focusing on the influence of Padang food on the performance of foreign athletes at Semen Padang FC. This study not only explores the possible negative impacts, but also the potential benefits if menu adjustments are made with Padang food.

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II. MATERIELS ET METHODES

1) Type of Method and Design

This study uses a quantitative method with a descriptive and experimental approach. The descriptive approach is used to explore athletes' perceptions of Padang food and its general impact, while the experimental approach is used to measure changes in athletes' physical performance after consuming Padang food for a certain period. The research design is a pre-test and post-test group design to compare athletes' performance before and after the dietary intervention.

2) Participants (Population and Sample)

The research population consists of all foreign athletes who are members of Semen Padang FC during the 2024 competition season. The sample was selected purposively, involving 8 foreign athletes with the following criteria: have played for at least 3 months at the club, have no allergies or intolerances to Padang cuisine, and are willing to participate in the research procedures.

3) Location and Time

The research was conducted at the Semen Padang FC training facilities and the stadium where the matches took place. Data collection was conducted over three months, from May to August 2024, covering training sessions, official matches, and off-field observations.

4) Research Procedures

The research was conducted in several stages:

1. Preparation Stage: Initial interviews with foreign athletes to identify their eating patterns before and after joining the club.
2. Experimental Stage: Athletes consumed Padang cuisine for two weeks with a menu designed by the club's nutritionist. Their performance was measured before and after this period.
3. Evaluation Stage: Physical performance data and in-depth interviews were analyzed to assess the impact of Padang cuisine on fitness and performance.

A. Research Instruments include:

- Questionnaire: Measures athletes' perceptions of Padang cuisine.
- Performance Records: Statistical data from matches, such as running speed, distance covered, and kicking accuracy.
- Physical Fitness Tests: Using tools such as a treadmill and heart rate monitor.
- Interview Guide: To explore athletes' subjective experiences regarding dietary adaptation.

B. Data Analysis Techniques

Data was analyzed using quantitative and qualitative techniques. Quantitative data, such as performance scores and fitness test results, were analyzed using the paired t-test to measure differences before and after the intervention. Qualitative data from interviews were analyzed using thematic methods to identify patterns in athletes' experiences and perceptions. The results were combined to provide a comprehensive picture of the impact of Padang cuisine on the performance of foreign athletes.

III. PREPARE YOUR PAPER BEFORE STYLING

Before formatting the paper according to the target journal's style, authors should ensure that the manuscript includes all essential components in a clear and organized structure. The title of the study is *The Effect of Padang Food on the Performance of Foreign Athletes at Semen Padang FC*. The abstract provides a concise summary of the study, explaining the research objectives, methods, key findings, and conclusions. It outlines the use of a mixed-methods approach, combining surveys of eight foreign athletes, interviews with the team's nutritionist, and performance data analysis throughout one competitive season. The abstract highlights how Padang cuisine initially caused performance issues due to its high fat and calorie content, but later improvements were observed after dietary adjustments. Four relevant keywords are identified: Padang cuisine, foreign athletes, performance adaptation, and sports nutrition management.

The manuscript should be structured into several key sections. The Introduction offers background information on Padang cuisine and explains the importance of studying its impact on athletic performance, especially for foreign players unfamiliar with local diets. The Literature Review summarizes prior research related to sports nutrition and the challenges athletes face when adjusting to new cultural food environments. The Methods section describes the mixed-methods design, including data collection through surveys, interviews, and match performance statistics. The Results present the main findings, such as the initial decline in performance and subsequent improvement following nutritional interventions. The Discussion interprets these findings in the context of sports science, dietary adaptation, and performance outcomes. Finally, the Conclusion and Recommendations summarize the study and offer practical suggestions for football clubs and nutritionists to better manage the diets of foreign athletes. Authors are reminded to prepare a complete list of references used in the study before formatting the paper according to the citation style required by the target journal.

IV. RESULTS AND DISCUSSION

1) RESULTS

This study analyzed the effect of consuming Padang cuisine on the performance of eight foreign athletes from Semen Padang FC over a three-month period. The data obtained included physical fitness test results, match performance, and athletes' perceptions of Padang cuisine. The main findings are presented in the following tables and diagrams:

a. Physical Fitness Test Results

The following table shows the average changes in athletes' physical fitness before and after adapting to Padang cuisine.

No	Parameter	Before Adaptation (Week 1)	After Adaptation (Week 12)	Change (%)
1	Running Speed (km/hours)	25,2	27,8	10,3
2	Endurance (minutes)	38,5	44,2	14,8
3	Heart Rate (bpm)	172	160	-7

Explanation : In the first week, the average running speed of the athletes was 25.2 km/h, and the average endurance was only 38.5 minutes. After 12 weeks of adaptation, the running speed increased to 27.8 km/h (+10.3%), and the endurance increased to 44.2 minutes (+14.8%). A 7% decrease in average heart rate indicates improved cardiovascular efficiency. This data suggests that consuming Padang cuisine with nutritional adjustments supports athletes' physical fitness.

b. Match Performance

At the start of the study (week 1), the athletes' average running distance was 8.2 km per match. This figure increased to 9.5 km by week 12. Shooting accuracy also improved from 65% to 73%, while the number of successful passes increased from 28 to 34 per match. This reflects a significant improvement in technical performance following adaptation to Padang-style meals.

Athletes' Perceptions of Padang Food

The results of the survey on athletes' perceptions of Padang food are presented in the following pie chart:

No	Perception	Number of Athletes (n=8)	Percentage (%)
1	Delicious Taste	6	75
2	High in Calories and Fat	5	62,5
3	Initial Digestive Issues	4	50
4	Helps Energy Recovery	7	87,5

Breakdown : Most athletes (75%) consider Padang food to be delicious, although 62.5% consider it high in calories and fat. 50% of athletes reported digestive issues in the first week, but 87.5% stated that this food helps with energy recovery after intense training. This indicates that despite initial challenges, Padang cuisine can provide significant benefits for athletes with proper adjustments.

c. Conclusion of Research Findings

Data analysis results show that consuming Padang cuisine, with nutritional adjustments, can enhance the physical and technical performance of foreign athletes at Semen Padang FC. The nutritional adjustments successfully addressed initial adaptation challenges and provided long-term benefits for athletes' fitness and performance. This data supports the importance of culture-based nutrition strategies to meet athletes' needs in new environments.

2) DISCUSSION

The results of the study indicate that consumption of Padang food has a significant effect on the performance of foreign athletes at Semen Padang FC. The main findings cover three aspects, namely initial adaptation to Padang food, the impact on physical performance, and dietary adjustment strategies to improve athlete performance.

a. Initial Adaptation to Padang Food

Most foreign athletes experienced difficulties adapting to Padang cuisine in the first two weeks. This was characterized by complaints such as fatigue, digestive problems, and decreased energy. These results are consistent with the research by Smith et al. (2020), which states that sudden changes in diet can cause gastrointestinal distress and affect athletes' endurance. Padang cuisine, rich in spices, coconut milk, and fats, requires metabolic adjustment, especially for athletes previously accustomed to low-fat and complex carbohydrate diets.

b. Impact on Physical Performance

Performance data analysis showed a 10% decrease in performance during the first two weeks of consuming Padang cuisine, as evidenced by reduced running speed and distance covered by athletes during competitions. However, after an adaptation period and dietary adjustments, performance improved by up to 15% compared to baseline levels. These findings support the metabolic adaptation theory by Burke et al. (2018), which states that the body needs time to optimize energy use from new food sources. This study is also in line with the findings of Tan & Lim (2018), which highlight the importance of a customized diet for foreign athletes to achieve optimal performance.

c. Dietary Adjustment Strategies

Interventions involving modifications to the Padang menu, such as reducing coconut milk usage and replacing coconut oil with olive oil, were proven effective in enhancing athlete performance. The club's nutritionist also added lean protein sources, such as grilled fish, and increased the intake of green vegetables in the daily menu. This approach supports the recommendations of the International Society of Sports Nutrition (2020), which emphasizes the importance of macronutrient balance and specific nutrient intake to support athletes' physical needs. Additionally, interviews with athletes revealed that after adaptation, they began to appreciate Padang cuisine due to its spice content, believed to have anti-inflammatory benefits. This is relevant to a study by Widjaja et al. (2019), which found that spices like turmeric and ginger in Padang cuisine have antioxidant properties that can support muscle recovery after intense exercise.

d. Comparison with Previous Research

This study offers a new perspective that has not been widely discussed in previous studies. While most research focuses on the effects of Western diets on athlete performance (Smith et al., 2020; Tan & Lim, 2018), this study highlights the potential benefits of local foods like Padang cuisine when proper nutritional modifications are made. Additionally, this study demonstrates that local culture can be integrated into athlete nutrition management without compromising performance.

e. Implications of the Study Results

The results of this study have important implications for sports clubs in Indonesia, particularly those with foreign athletes. Club management should prioritize adapting players' diets by involving nutritionists who understand athletes' needs and the characteristics of local foods. Furthermore, these findings can serve as a reference for developing culture-based nutrition strategies to enhance the competitiveness of clubs at both national and international levels.

Thus, this study not only highlights the challenges of dietary adaptation but also provides practical solutions aligned with existing theories and previous research findings. The combination of local foods and modern nutritional approaches could be the key to the success of foreign athletes in new environments.

V. CONCLUSION

This study concludes that the consumption of Padang cuisine has a significant impact on the performance of foreign athletes at Semen Padang FC, both positively and negatively, depending on the adaptation process and nutritional adjustments made. In the early stages, adaptation to Padang cuisine, which is rich in spices and high in fat, tends to cause a decline in athletes' physical performance, such as reduced stamina, distance covered, and speed. However, after menu modifications by a nutritionist, Padang cuisine can become part of a dietary pattern that supports athletes' energy needs and physical recovery.

The findings of this study emphasize the importance of nutritionists in helping foreign athletes adapt their dietary patterns to the local cultural environment without compromising their performance. Additionally, this study contributes to the understanding that local foods like Padang cuisine have the potential to be integrated into sports nutrition strategies, provided they are modified to meet athletes' needs. Thus, this study not only highlights the challenges of dietary adaptation but also offers practical solutions for managing athletes' nutrition in professional soccer clubs. These findings are expected to serve as a reference for other sports clubs, particularly in supporting the success of foreign athletes in new environments.

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