

HUBUNGAN KEBIASAAN MINUM, ASUPAN CAIRAN DAN AKTIVITAS FISIK DENGAN STATUS HIDRASI JANGKA PENDEK PADA SISWA PROGRAM KEAHLIAN JASA BOGA DI SMK NEGERI 57 JAKARTA TAHUN 2017

Mariani Diash Lazuardi

Abstrak

Status hidrasi adalah suatu keadaan yang menggambarkan jumlah cairan yang terdapat didalam tubuh. Apabila terjadi ketidakseimbangan cairan didalam tubuh, maka akan timbul kejadian dehidrasi atau kehilangan air secara berlebihan. Mengetahui hubungan kebiasaan minum, asupan cairan, dan aktivitas fisik dengan status hidrasi jangka pendek pada siswa program keahlian jasa boga di SMK Negeri 57 Jakarta tahun 2017. Desain penelitian ini berupa *cross sectional study*. Sampel pada penelitian ini berjumlah 75 responden dengan menggunakan teknik *random sampling*. Instrumen yang digunakan yaitu kuesioner pengetahuan, *Food Frequency Questionnaire (FFQ)*, *food recall*, dan kuesioner *Physical Activity Level (PAL)*. Sebanyak 45.3% siswa terhidrasi kurang baik. Hasil penelitian menunjukkan bahwa kebiasaan minum siswa berkisar antara 928.1 ml sampai 3957.7 ml/hari. Rata-rata asupan cairan siswa laki-laki 2846.51 ml dan 1628.43 ml /hari untuk siswa perempuan. Uji *chi square* menunjukkan terdapat hubungan yang signifikan antara kebiasaan minum dan asupan cairan dengan status hidrasi ($p < 0.05$). Namun tidak terdapat hubungan yang signifikan antara aktivitas fisik dengan status hidrasi ($p > 0.05$). Siswa memiliki kebiasaan minum kurang yaitu sebesar 60%, sedangkan siswa yang dikategorikan asupan cairan kurang sebesar 70.7%, rata-rata siswa memiliki aktivitas fisik ringan yaitu sebesar 82.7%.

Kata Kunci : Aktivitas Fisik, Asupan Cairan, Kebiasaan Minum, Siswa, Status Hidrasi.

CORRELATION BETWEEN DRINKING HABITS, FLUID INTAKE, AND PHYSICAL ACTIVITY ON SHORT-TERM HYDRATION STATUS IN STUDENTS OF CULINARY SKILL PROGRAM AT 57 SENIOR HIGH SCHOOL JAKARTA 2017

Mariani Diash Lazuardi

Abstract

Hydration status was state that described the amount of liquid contained in the body. The dehydration or excessive water loss occurs when the body experiences an imbalance of fluid. This research was to know analyz the correlation between drinking habits, fluid intake, and physical activity on short-term hydration status in students of culinary skill program at 57 senior high school Jakarta in 2017. This research design was cross sectional with total sample of 75 people by use random sampling technique. The instruments used knowledge questionnaire, Food Frequency Questionnaire (FFQ), food recall, and Physical Activity Level (PAL) questionnaire. The students at SMK Negeri 57 Jakarta were not well hydrated as much as 45.3%. The results showed that drinking habits of students ranged from 928.1 ml/day to 3957.7 ml/day. The average fluid intake of male students was 1846.51 ml and 1628.43 ml/day for female students. Chi square test shows there were a significant relationship between drinking habit and fluid intake with hydration status ($p < 0.05$). There was no significant relationship between physical activity with hydration status ($p > 0.05$). Students had a habit to drink less by 60%, while students was categorized to less fluid intake of 70.7%, the average students had mild physical activity amounted to 82.7%.

Keyword : Drinking Habits, Fluid Intake, Hydration Status, Physical Activity, Student.