

Hubungan Konsumsi Cairan dan Status Gizi dengan Status Hidrasi pada Siswa di SMP Plus Darus Sholah Kabupaten Jember

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ABSTRACT

Adolescents are very vulnerable to nutritional problems, problems that often occur are lack of attention to fluid consumption, especially water and decreased physical activity which causes adolescents to be susceptible to dehydration. Consumption of fluids is needed by humans because water has many important benefits for the body, and the air released by the body must be immediately based on the amount of adequate fluid consumption. One of the other causes is nutritional status. In nutritional status, obesity in children and adolescents can be a factor in the occurrence of dehydration. In obese people the water content contained in fat cells is lower than the content in the cells so that obese people are more easily deficient than people who are not obese. This study aims to determine the relationship between fluid consumption and nutritional status with hydration status of students at SMP Plus Darus Sholah, Jember Regency. This study uses quantitative analytical methods with a cross sectional study design. Respondents of this study were 66 students of SMP Plus Darus Sholah, Jember Regency, grade 7. Fluid data were collected using the Food Frequency Questionnaire (FFQ), nutritional status data by weighing weight and height directly, and hydration status data by taking urine samples from students. The results of the analysis which showed that there was a relationship between fluid consumption and hydration status obtained p value = 0.045, the relationship between nutritional status and hydration status obtained p value = 0.012. The conclusion of this study is that there is a relationship between fluid consumption and nutritional status with hydration status.

Keywords: *Fluid Consumption, Nutritional Status and Hydration Status*