

***The Relations of fiber Consumption and Fluid Intake with Depression
Symptoms in Final Year College Students***

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ABSTRACT

Symptoms of depression are a common mental disorder that affects more than 264 million people worldwide. Final year students have the potential to experience depression, the triggers include demands for completion of studies and thesis. Symptoms of depression in college students are usually characterized by some students feeling depressed, students may cry all the time, skip class, or isolate themselves without realizing that they are depressed. The purpose of this study was to determine the relationship between fiber consumption and fluid intake with symptoms of depression in final year students. This type of research uses an analytic survey with a cross-sectional design. Sampling in this study used non-probability sampling using purposive sampling technique by distributing online questionnaires to final semester students in Jember Regency and outside Jember Regency. The subjects in this study were 106 people. The results of this study were analyzed using the Chi square test added with the odds ratio to determine the relative risk. The results showed that there was no significant relationship between fiber consumption and symptoms of depression (p value 0.133) and there was no significant relationship between fluid intake and symptoms of depression (p value 0.822). The conclusion of this study is that there is no significant relationship between fiber consumption and fluid intake with symptoms of depression in final year students. In future research, it is hoped that further studies related to other risk factors such as physical illness and diet are related to symptoms of depression.

Keywords: *Fiber, Fluids, Depressive Symptoms*