

**HUBUNGAN *TOTAL BODY WATER* DAN ASUPAN CAIRAN  
DENGAN MASSA OTOT PADA PEKERJA *CLEANING  
SERVICE* DI POLITEKNIK NEGERI JEMBER.**

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***ABSTRACT***

*Background: Workers' health and physical condition are influenced by various complex factors. Workers who have a healthy body certainly pay attention to fluid intake and the condition of their muscle mass, which is Total Body Water (TBW), and this muscle mass plays an active role in the body's metabolic processes. Objective: To determine the relationship between TBW and fluid intake with muscle mass in Cleaning Service (CS) workers at the Jember State Polytechnic. Method: Cross-Sectional Observational research design involving 52 CS worker subjects using Purposive Sampling techniques. Total Body Water (TBW) and muscle mass were measured using the Bio Impedance Analyzer (BIA) InBody 270, while the subject's fluid intake was measured using Food Recall 1x24 Hours. Other supporting data was measured using an open questionnaire. Univariate analysis was used to determine subject characteristics. Bivariate analysis was used to determine the correlation between variables using the Spearman Test. Results: There is a significant relationship between TBW and muscle mass in CS workers at Jember State Polytechnic ( $p=0.000$ ). There is a significant relationship between fluid intake and muscle mass in CS workers at Jember State Polytechnic ( $p=0.013$ ). Conclusion: There is a significant relationship between TBW and fluid intake and muscle mass in CS workers at the Jember State Polytechnic.*

*Keywords: Total Body Water, Fluid Intake, and Muscle Mass.*