

***Relationship between Nutritional Status, Physical Activity and Fluid
Consumption on Adolescent Hydration Status***

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ABSTRACT

Dehydration occurs if the body loses large amounts of body fluids. During adolescence, a person is often busy with lots of activities and events but this is not balanced by consuming enough fluids, making them susceptible to dehydration. Several factors that influence the occurrence of dehydration are physical activity, nutritional status, and fluid intake. The aim of this study was to analyze the relationship between nutritional status, physical activity and fluid consumption and the nutritional status of adolescents. This research with a cross sectional design was carried out at SMAN 4 Jember. Respondents totaled 124 people were taken by simple random sampling. Hydration status data was collected using the PURI (Self-Urine Check) Card, nutritional status data was obtained by direct measurement with a microtoise and digital scales, physical activity data was obtained using the IPAQ questionnaire, and fluid consumption data was obtained through 24-hour recall. Statistical analysis used the Chi-Square Test in SPSS version 22. The research results showed that there was no significant relationship between nutritional status and hydration status of adolescents at SMAN 4 Jember (p value = 0.787), there was no significant relationship between physical activity and hydration status of adolescents in SMAN 4 Jember (p value = 0.534), and there is a significant relationship between fluid consumption and hydration status of adolescents at SMAN 4 Jember (p value = 0.003)

Keywords: Physical Activity, Fluid Consumption, Nutritional Status, Hydration Status, Adolescents