

**THE EFFECT OF YOUNG COCONUT WATER CONSUMPTION ON  
HYDRATION STATUS OF THE FUTSAL TEAM AT  
SMA NEGERI 1 JEMBER**

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***ABSTRACT***

*Hydration status is a condition that reflects the balance of fluids in the body. Fluid loss during physical activity can cause dehydration and reduce performance due to fatigue induced by excessive sweating. One of the efforts to prevent dehydration is by providing electrolyte fluids with balanced composition and appropriate quantity. Young coconut water is a natural source of electrolytes that plays a role in maintaining the body's fluid balance. This study aimed to determine the effect of young coconut water consumption on hydration status among the futsal team at SMA Negeri 1 Jember. This was a kuasi-experimental study with a pretest-posttest control group design and used a total sampling technique involving 20 people, divided into control and treatment groups, with 10 people in each. The treatment group received 300 ml of young coconut water, while the control group received 300 ml of mineral water, one hour before exercise. Hydration status was measured using urine color and urine specific gravity indicators. Data were analyzed using the Mann-Whitney U test and the Wilcoxon Signed-Rank test. The results showed a significant difference in hydration status after the intervention, based on urine color ( $p=0.047$ ) and urine specific gravity ( $p=0.044$ ). There was also a difference in hydration status changes between the control and treatment groups. It can be concluded that young coconut water has an effect on improving hydration status in the futsal team at SMA Negeri 1 Jember.*

**Keywords:** *Young Coconut Water, Hydration Status, Futsal Athletes*