

***Deferences of Concentration Isotonic Drink and Water Consumption  
(Case On Tree Crop Production Students of State Polytechnic of Jember)***

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**ABSTRACT**

*Concentration plays an important role for students to memorize, to record, to continue and to develop the course material. There are two factors that can affect individual concentration strength; they are internal and external factors. Internal factors come from within the individual, whereas external factors come from outside the individual. One other factor that causes a concentration decrease is dehydration. Dehydration causes a reduction of one's cognitive functional. This research aims to find the students different concentration that consume isotonic drink with sodium content 7%, sodium content 2%, and mineral water. This research belongs to quasi experimental research using One Group Pretest-Posttest design. The number of sample is 40 people with total sampling technique. The independent variable of this research is the effect of isotonic drink consumption. The dependent variable is student concentration. The Instruments used in this research are Grid Concentration Exercise to measure the concentration of research subjects, mikrotice and Bioelectrical Impedance Analysis (BIA) to scale body weight and Total Body Water (TBW) before and after working on the farm. This research uses SPSS 16.0 with Kruskal Wallis test. The result shows that there is a difference concentration of students who consumed 7% sodium content isotonic drinks, 2% sodium content isotonic drink, and mineral water with  $p$  value = 0.019*

**Keywords:** *concentration, isotonic drink, dehydration*