

## **Correlation Between Physical Activity Level and Consumption of Drinks with Hydration Status of Students in SMPN 4 Tanggul District Jember**

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### **ABSTRACT**

*Lack intake of water in body can cause weak and tired, dry skin, the skin gets old early, headache, kidney stone and constipation. Moreover, lack mineral water can cause dehydration. The purpose of this research to know correlation physical activity level and frequency of drink with status hydration of student in SMPN 4 Tanggul. This research held on 22 November 2016 in SMPN 4 Tanggul District Jember. To get data use questioner PAL (Physical Activity Level) to know physical activity and questioner FFQ (Food Frequency Questioner) to know Consumption drink of responden, while to get data status hydration used sampel urin of students. This research do to students of seven and eight with the total responden were 52 students. Based of Analysis bivariat is examined statistic somers'd in examine correlation physical activity level and status hydrations are gotten value  $p=0,009$  is they are correlation physical activity level with status hydration in student. In examine correlation frequency drink with status hydration are gotten value  $p = 0,063$  is they aren't correlation consumption drink with status hydration.*

*Keywords : Status hydration, Physical Activity Level, Consumption drink*