

Asupan cairan dan hubungannya dengan tingkat pengetahuan pada perempuan produktif usia 19-49 tahun di yayasan kasih keluarga pejaten jakarta selatan tahun 2012 = Fluid intake and this association with knowledge level in 19-49 years old productive female in yayasan kasih keluarga pejaten jakarta selatan 2012

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Abstrak

[ABSTRAK

The Indonesia Regional Hydration Study THIRST pada tahun 2009 melakukan penelitian terhadap 1200 orang di beberapa kota di Indonesia Hasil penelitian tersebut menunjukkan bahwa sebanyak 42,5 subjek dewasa mengalami dehidrasi ringan Hal ini diketahui karena 60 remaja dan dewasa tidak mengetahui pentingnya penambahan asupan cairan untuk mencegah dehidrasi ringan Latar belakang ini yang membuat peneliti merasa perlu melakukan penelitian pada subjek perempuan produktif usia 19-49 tahun Tujuan penelitian ini untuk mengetahui apakah terdapat hubungan tingkat pengetahuan dan asupan cairan pada subjek perempuan produktif usia 19-49 tahun Desain penelitian ini adalah cross sectional Data penelitian diambil pada bulan Januari 2012 melalui kuesioner dan lembar asupan cairan pada 66 subjek yang memenuhi kriteria inklusi Hasil penelitian ini menunjukkan bahwa sebagian besar 92,4 subjek berusia 30-49 tahun dan tingkat pendidikan sebagian besar 45,5 adalah lulusan SD Selain itu sebagian besar subjek 43,9 memiliki pengetahuan cukup Secara keseluruhan asupan cairan subjek adalah 2771,52 ± 1111,83 mL/hari dan sebagian besar 66,7 memiliki asupan cairan yang adekuat Penelitian ini membuktikan tidak terdapat hubungan $p = 0,079$ antara tingkat pengetahuan dan asupan cairan Sebanyak 52,4 subjek yang berpengetahuan buruk memiliki asupan cairan adekuat Hal ini menunjukkan terdapat faktor lain disamping pengetahuan yang memengaruhi asupan cairan pada perempuan produktif usia 19-49 tahun Kata kunci asupan cairan perempuan produktif usia 19-49 tahun tingkat pengetahuan.

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ABSTRACT

The Indonesian Regional Hydration Study THIRST in 2009 conducted a study of 1200 people in several cities in Indonesia The results revealed that as many as 42,5 of the adult subjects experienced mild dehydration This was known as 60 of the adolescents and adults did not know the importance of the addition of fluid intake to prevent mild dehydration This background motivated researchers to do research on the 19-49 years old productive female The aim is to determine the association between the knowledge level and the fluid intake The design of the study was cross sectional Data were taken in January 2012 through questionnaires and fluid intake sheet on 66 subjects who met the inclusion criteria Results of this study showed that the majority of the subjects 92,4 was 30-49 years old and most education level 45,5 was primary school graduate In addition the majority of the subjects 43,9 had sufficient knowledge Overall fluid intake of the subjects was 2771,52 ± 1111,83 mL/day and most of them 66,7 had adequate fluid intake This study proves that there is no association $p = 0,079$ between the level of knowledge and fluid intake A total of 52,4 of the bad knowledge subjects had adequate fluid intake It is revealed that there are other factors besides knowledge level that affecting the fluid intake in 19-49 years old productive female Keywords fluid intake 19

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