

Hubungan kebiasaan minum air putih dan faktor lainnya dengan asupan air total pada siswa i SMP Negeri 1 Depok tahun 2014 = The relationship between drinking water habits and other factors on the total water intake in junior high School 1 Depok students in 2014

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Abstrak

Air memiliki peranan yang penting bagi tubuh, namun seringkali menjadi hal yang dilupakan sehingga tanpa disadari banyak remaja yang mengalami dehidrasi. Tujuan penelitian ini adalah untuk mengetahui hubungan antara kebiasaan minum air putih dan faktor lainnya dengan asupan air total pada siswa/i di SMP Negeri 1 Depok tahun 2014. Penelitian ini menggunakan desain cross sectional. Penelitian ini dilaksanakan pada bulan April 2014 dengan melibatkan 195 responden kelas 8 di SMP Negeri 1 Depok yang didapat dengan total sampling.

Variabel independen yang diambil adalah karakteristik responden (jenis kelamin dan uang jajan), status gizi, aktivitas fisik, pengetahuan gizi dan kebiasaan minum (berdasarkan waktu minum dan membawa bekal minuman ketika bepergian, kebiasaan minum air putih, berdasarkan jenis minuman yang tidak dianjurkan dan dianjurkan). Asupan air diperoleh dengan wawancara food recall 2x24 jam, variabel status gizi diperoleh dengan pengukuran berat badan dan tinggi badan, sementara variabel lainnya diperoleh dengan pengisian kuesioner. Analisis bivariat dilakukan dengan uji chi-square. Sebanyak 53,3 % responden dengan asupan air total kurang dari 2000 ml/hari.

Hasil uji statistik menunjukkan bahwa kebiasaan minum air putih merupakan satu-satunya variabel yang memiliki hubungan dengan asupan air total. Siswa/i diharapkan dapat meningkatkan pengetahuan dan kebiasaan minum yang baik, selain itu, kepada pihak sekolah agar memberi dukungan maupun menyelenggarakan kegiatan bersifat edukatif dan aplikatif untuk meningkatkan asupan air sehingga dampak kekurangan air bagi tubuh dapat diminimalisir.

.....Water has an important role for the body, but it is often ignored by adolescents. As a result, they become dehydrated unconsciously. The purpose of this study is to find out the relationship between drinking water habits and other factors on the total water intake in Junior High School 1 Depok students in 2014. The study was conducted on April 2014. It used cross-sectional design which was involving 195 respondents of eighth grade students in Junior High School 1 Depok. All respondents were obtained by a total sampling.

The independent variables were the characteristics of respondents (gender and pocket money), nutritional status, physical activity, knowledge of nutrition, and drinking habits (based on drinking time and bringing drinks in traveling; drinking water; and the kind of beverages that are recommended or not recommended). The data about the total water intake for each respondent was obtained by food recall interview within 2x24 hours, and the nutritional status data was obtained by measuring weight and height. Moreover, the other variables were obtained by means of questionnaires. Bivariate analysis used chi-square test. From 195 respondents, 53.3% of them have a total water intake less than 2000 ml/day.

Statistical tests show that only drinking water habits variable has relationship with a total water intake. The students are expected to improve the knowledge about the important of water for their body, so they will have good drinking habits. Also, the school should give supports and facilitate educated and applicable

activities to increase the intake of water. As a result, the bad impacts of lack of water for the body can be minimized.