

# Status hidrasi dan hubungannya dengan asupan cairan dan aktivitas fisik pada kelompok usia lanjut di rumah binaan lansia Atmabrata Cilincing Jakarta Utara = Hydration status associated with fluid intake and physical activity in the elderly in Atmabrata Nursing Home Cilincing North Jakarta / Cut Hafiah Halidha Nilanda

Cut Hafiah Halidha Nilanda, author

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## Abstrak

### [<b>ABSTRAK</b><br>

Status hidrasi dipengaruhi oleh banyak faktor termasuk usia. Perubahan fisiologis yang terjadi pada lansia yaitu penurunan sensasi rasa haus, penurunan sekresi aldosteron, dan penurunan fungsi luhur dapat menyebabkan peningkatan risiko dehidrasi pada lansia. Penelitian analitik observasional dengan metode potong lintang telah dilakukan di rumah binaan lansia Atmabrata, Cilincing Jakarta Utara, dengan tujuan untuk menilai status hidrasi pada lansia dan faktor-faktor yang berhubungan yaitu asupan cairan dan aktivitas fisik. Lima puluh sembilan subjek berhasil menyelesaikan protokol penelitian. Hasil penelitian menunjukkan bahwa 27,1% lansia mengalami dehidrasi dengan menggunakan indikator berat jenis urin dan 49,2% lansia tidak terhidrasi dengan baik dengan menggunakan indikator warna urin. Rerata asupan cairan subjek adalah  $1327,97 \pm 407,75$  mL, dan terdapat 72,9% subjek dengan aktivitas fisik rendah. Tidak terdapat hubungan antara status hidrasi dengan asupan cairan ( $p > 0,05$ ), dan sebaliknya terdapat hubungan yang bermakna antara berat jenis urin dengan tingkat aktivitas fisik ( $p < 0,001$ ).

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### <b>ABSTRACT</b><br>

Hydration status can be affected among others by age. Dehydration risk is higher in the elderly. Physiological changes such as decreasing sensation of thirst, decreasing secretion of aldosterone and impaired cognitive function could be the causes of dehydration among elderly. Analytic observational by using cross sectional study design conducted in Atmabrata nursing home, Cilincing North Jakarta has been done to assess hydration status in the elderly and its related factors, i.e fluid intake and physical activity. Fifty nine subjects accomplished the study protocol. Based on the urine specific gravity measure, it shows that 27.1% elderly was dehydrated and by using urine color chart, it shows that 49.2% elderly was not hydrated properly. The fluid intake average of the subject was  $1327.97 \pm 407.75$  mL, and there was 72.9% subject with low physical activity. There was no significant association between hydration status and fluid intake ( $p > 0.05$ ). There was significant association between urine specific gravity status and level physical activity ( $p < 0.001$ )., Hydration status can be affected among others by age. Dehydration risk is higher

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