

Efek edukasi hidrasi dan penyediaan air terhadap status hidrasi anak prasekolah di Provinsi Maluku = Effect of hydration education and water provision on hydration status among preschool children in Maluku Province

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Abstrak

Edukasi tentang hidrasi penting untuk meningkatkan asupan air dan memperbaiki status hidrasi. Kami bertujuan untuk melihat perbedaan pada skor Pengetahuan, Sikap dan Perilaku PSP pengasuh, total asupan air dan status hidrasi anak prasekolah setelah 4 minggu intervensi. Penelitian acak kelompok terkontrol membandingkan kelompok edukasi gizi dasar kontrol, N=47, edukasi hidrasi pada guru dan orang tua P1, N=44, dan pada guru P2, N=52. Total asupan air diukur menggunakan repeated 24h-Recall, PSP diidentifikasi dengan kuesioner terstruktur dan status hidrasi ditentukan melalui berat jenis urin. Setelah intervensi, skor pengetahuan dan total PSP pengasuh memiliki perbedaan yang signifikan antar kelompok kontrol dan P1; dan kelompok kontrol dan P2.

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Hydration education is important to increase water intake and improve hydration status. We aimed to assess the differences on caregiver's Knowledge, Attitude and Practice KAP, total water intake and hydration status of preschool children after 4 weeks. A cluster randomized controlled trial was conducted comparing basic nutrition education control, N 47, hydration education to teacher and parents INT1, N 44 and to teachers INT2, N 52 groups. Total water intake was assessed by repeated 24h Recall, the KAP was identified by structured questionnaire and hydration status was determined by Urine Specific Gravity. After intervention, knowledge and total KAP scores were significantly different between control and INT1 and control and INT2 groups.