

Pengetahuan, Sikap, Perilaku Asupan Cairan dan Status Hidrasi antara Mahasiswa Kesehatan dan Mahasiswa Non-Kesehatan di Asrama Universitas Indonesia, Depok = Knowledge, Attitude, Practice of Daily Fluid Intake and Hydration Status between Health Science and Non-Health Science Students Living in Dormitory of Universitas Indonesia, Depok.

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Abstrak

**ABSTRAK**

Air mempunyai peranan penting untuk tubuh. Akan tetapi, dehidrasi menjadi salah satu masalah di Indonesia. Pada mahasiswa kesehatan diperkirakan mempunyai pengetahuan, sikap, dan perilaku terkait masalah kesehatan dibandingkan dengan mahasiswa non-kesehatan.

Tujuan: Untuk membandingkan pengetahuan, sikap, dan perilaku asupan cairan dan status hidrasi antara mahasiswa kesehatan dan non-kesehatan di Asrama Universitas Indonesia, Depok.

Metode: Penelitian potong lintang ini mempunyai responden yaitu mahasiswa yang tinggal di Asrama Universitas Indonesia usia 18-21 tahun. Kuesioner pengetahuan dan sikap (kuesioner FIHS) yang tervalidasi digunakan untuk mengukur tingkat pengetahuan dan sikap terkait asupan cairan dan status hidrasi, pengukuran perilaku asupan cairan menggunakan catatan minuman 7 hari, pengukuran status hidrasi menggunakan metode urine color (Ucol) dan Urine specific gravity (Usg), kuesioner aktivitas fisik internasional untuk mengetahui aktivitas fisik, dan sosio-ekonomi demografi menggunakan kuesioner terstruktur.

Hasil: Pada penelitian ini ditemukan pada kedua kelompok, antara mahasiswa kesehatan dan non-kesehatan mempunyai aktivitas fisik yang rendah, yaitu masing-masing 71.2% and 72,4%. Berdasarkan kuesioner FIHS mahasiswa kesehatan mempunyai nilai sikap yang lebih tinggi daripada mahasiswa non-kesehatan ( $p < 0.001$ ), sementara itu pada nilai pengetahuan tidak ada perbedaan antara mahasiswa kesehatan ( $7.37 \pm 1.37$ ) dan non-kesehatan ( $7.28 \pm 1.25$ ). Lebih dari 50% responden di kedua grup ditemukan dehidrasi berdasarkan pengukuran hidrasi status menggunakan Ucol dan Usg. Pada mahasiswa kesehatan dan non-kesehatan yang cukup minum signifikan lebih tinggi tingkat pengetahuan mengenai asupan minum dan status hidrasi daripada mahasiswa yang kurang minum.

Kesimpulan: Maka dari itu, dibutuhkan intervensi untuk meningkatkan pengetahuan dan sikap sehingga perilaku dan status hidrasi dapat lebih baik berdasarkan jurusan responden.

**ABSTRACT**

Water has an important role in normal body function. However, dehydration becomes one of the health problems in Indonesia. It is assumed that health science students have greater knowledge, attitude, and

practice related to health issues compared to non-health science students.

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Objective: To compare the knowledge, attitude, practice of daily fluid intake and hydration status between health and non-health science students in Dormitory of Universitas Indonesia, Depok.

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Method: The respondents were the undergraduate students who stayed in the dormitory of Universitas Indonesia aged 18-21 years. Validated questionnaire of knowledge and attitude (FIHS Questionnaire) were used to assess knowledge and attitude regarding fluid intake and hydration status, practice of daily fluid intake was used 7-day fluid record, hydration status measurement was used Urine color (Ucol) and Urine specific gravity (Usg) methods, short international physical activity questionnaire (Short-IPAQ) was used to assess physical activity, and socio-eco demographic characteristics were assessed using structured questionnaire.

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Results: In this study found both in two groups, health science and non-health science had low physical activity, 71.2% and 72.4% respectively. Based on FIHS questionnaire, health science students had a higher score of an attitude than non-health science students ( $p < 0.001$ ), meanwhile for their knowledge there was no difference score both in health science students ( $7.37 \pm 1.37$ ) and non-health science students ( $7.28 \pm 1.25$ ). More than 50% of respondents both in the two groups were dehydrated based on hydration measurement used Ucol and Usg. Among health science and non-health science students who had enough drinking significantly higher in knowledge regarding fluid intake and hydration status than the students with less drinking.

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Conclusion: Therefore, it was needed to conduct the intervention for increasing knowledge and attitude to make better practice and hydration status based on respondent majority.