

Abstrak

PERBEDAAN PENGETAHUAN TENTANG HIDRASI, ASUPAN CAIRAN, DAN STATUS HIDRASI ANTARA MAHASISWI KESEHATAN DAN NON KESEHATAN DI UNIVERSITAS JENDERAL SOEDIRMAN

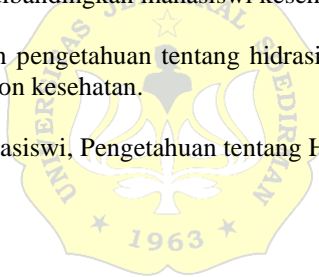
Latar belakang: Mahasiswa perempuan merupakan salah satu kelompok yang rentan dehidrasi sehingga dapat berdampak pada penurunan konsentrasi dan performa kognitif. Mahasiswa pada kategori fakultas kesehatan dan non kesehatan menerima paparan informasi yang berbeda terkait kesehatan, termasuk hidrasi. Penelitian ini bertujuan untuk mengetahui perbedaan pengetahuan tentang hidrasi, asupan cairan, dan status hidrasi antara mahasiswa kesehatan dan non kesehatan di Universitas Jenderal Soedirman.

Metodologi: Desain penelitian ini adalah potong lintang dengan sampel 36 mahasiswa kesehatan dan 84 mahasiswa non kesehatan yang berusia 19–25 tahun. Pengambilan data dilakukan menggunakan kuesioner karakteristik, kuesioner pengetahuan tentang hidrasi, aplikasi *My Fluid Diary*, dan berat jenis urin. Analisis bivariat menggunakan uji *Mann Whitney*, *t independent*, dan *Chi Square* dengan nilai signifikansi $p < 0,05$.

Hasil penelitian: Median skor pengetahuan tentang hidrasi pada mahasiswa kesehatan secara signifikan lebih tinggi dibandingkan mahasiswa non kesehatan (73,3 dan 70,0; $p = 0,009$). Rata-rata asupan cairan mahasiswa kesehatan secara signifikan lebih tinggi dibandingkan mahasiswa non kesehatan ($1.751,5 \pm 545,6$ dan $1.541,2 \pm 475,3$ mL; $p = 0,036$), tetapi sebagian besar masih kurang dari angka kecukupan air yang dianjurkan (2.350 mL/hari). Mahasiswa non kesehatan berisiko 2,9 kali lebih besar mengalami dehidrasi dibandingkan mahasiswa kesehatan ($p = 0,02$).

Kesimpulan: Terdapat perbedaan pengetahuan tentang hidrasi, asupan cairan, dan status hidrasi antara mahasiswa kesehatan dan non kesehatan.

Kata kunci: Asupan Cairan, Mahasiswa, Pengetahuan tentang Hidrasi, Status Hidrasi



Abstract

THE DIFFERENCES IN HYDRATION KNOWLEDGE, FLUID INTAKE, AND HYDRATION STATUS BETWEEN HEALTH AND NON-HEALTH FEMALE STUDENTS AT JENDERAL SOEDIRMAN UNIVERSITY

Background: Female students are vulnerable to dehydration, which can lead to decreased concentration and cognitive performance. Students in the health and non-health faculty categories receive different information exposure related to health, including hydration. This study aims to compare hydration knowledge, fluid intake, and hydration status between health and non-health female students at Jenderal Soedirman University.

Methods: This study design was cross-sectional with samples of 36 health female students and 84 non-health female students aged 19-25 years. Data were collected using a characteristic questionnaire, hydration knowledge questionnaire, My Fluid Diary application, and urine-specific gravity. Bivariate analysis used Mann-Whitney, independent-t, and Chi-Square tests with a significance value of $p < 0.05$.

Results: The median hydration knowledge score of health female students was significantly higher than non-health female students (73.3 and 70.0; $p = 0.009$). The mean fluid intake of health female students was significantly higher than non-health female students ($1,751.5 \pm 545.6$ and $1,541.2 \pm 475.3$ mL; $p = 0.036$; mean difference 210.3 mL), but most of them were still less than the recommended water intake (2,350 mL/day). Non-health female students were at 2.9 times greater risk of dehydration than health female students ($p = 0.02$).

Conclusion: There were differences in hydration knowledge, fluid intake, and hydration status between health and non-health female students.

Keywords: Fluid Intake, Female Students, Hydration Knowledge, Hydration Status

