

Abstrak

HUBUNGAN ASUPAN CAIRAN, PERSEN LEMAK TUBUH DAN AKTIVITAS FISIK DENGAN STATUS HIDRASI PADA REMAJA PUTRI DI SMKN-1 BANYUMAS

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Latar Belakang : Dehidrasi terjadi karena hilangnya cairan tubuh. Sebanyak 49,5% remaja mengalami dehidrasi karena memiliki aktivitas fisik yang tidak diimbangi konsumsi cairan cukup. Remaja putri lebih rentan dehidrasi karena memiliki persen lemak tubuh lebih tinggi dibandingkan remaja putra. Penelitian bertujuan mengetahui hubungan asupan cairan, persen lemak tubuh dan aktivitas fisik dengan status hidrasi pada remaja putri di SMKN-1 Banyumas.

Metodologi : Penelitian menggunakan rancangan *crosssectional* dengan 99 sampel. Teknik pengambilan sampel *purposive sampling*. Asupan cairan diambil dengan metode 7-Day Fluid Record, persen lemak tubuh dengan BIA, dan aktivitas fisik dengan IPAQ. Uji yang digunakan *Rank Spearman*.

Hasil : Sebanyak 62,6% dehidrasi ringan, persen lemak tubuh sebagian besar normal (79,8%), dan aktivitas fisik yang banyak dilakukan tergolong sedang (91,9%). Berdasarkan analisis bivariat terdapat hubungan antara asupan cairan dan aktivitas fisik dengan status hidrasi $p=0,000$, namun tidak terdapat hubungan antara persen lemak tubuh dengan status hidrasi $p=0,902$.

Kesimpulan : Terdapat hubungan antara asupan cairan dan aktivitas fisik dengan status hidrasi. Tidak terdapat hubungan antara persen lemak tubuh dengan status hidrasi.

Kata Kunci : Asupan cairan, persen lemak tubuh, aktivitas fisik, status hidrasi, remaja.

Abstract

RELATIONSHIP OF FLUID INTAKE, PERCENT BODY FAT AND PHYSICAL ACTIVITY WITH HYDRATION STATUS OF ADOLESCENT GIRLS IN SMKN-1 BANYUMAS

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Background: Dehydration occurs due to the loss of body fluids. As much as 49.5% of teenagers are dehydrated because they had high physical activity without having adequate fluid consumption. Girls are more susceptible to dehydration because they have higher body fat than boys. Research aims at knowing the relationship total fluid intake, percent body fat and physical activity with hydration status of adolescent girls in the SMKN-1 Banyumas.

Methodology: Research used a crosssectional design with 99 samples. Sampling techniques used with purposive sampling. Fluid intake is was taken with a 7-Day Fluid Record method, percent body fat with BIA, and physical activity with IPAQ. The analysis used Rank Spearman.

Results: As much as 62.6% mild dehydration, percent of body fat mostly normal (79,8%), and physical activity was mostly as moderate (91,9%). Based on bivariate analysis, there was a relationship between fluid intake and physical activity with hydration status $p = 0,000$, but no relationship between the percent of body fat and the hydration status $p = 0,902$.

Conclusion: There was a significant relationship between fluid intake and physical activity with hydration status, and there was no relationship between percent of body fat and hydration status.

Keywords: fluid intake, percent body fat, physical activity, hydration status, adolescent