

ABSTRACT

ANALYZE THE CORRELATION OF WATER INTAKE, NUTRITION STATUS, AND AEROBIC DANCE WITH HYDRATION STATUS AND TOTAL CHOLESTEROL LEVEL ON PARTICIPANTS OF AEROBIC STUDIO IN BANDAR LAMPUNG

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Background: A healthy lifestyle pays attention to all aspects of health, such as fluid intake, nutritional intake, and daily physical activity which are interconnected and related to one another as indicators of someone being declared healthy which is known by a medical examination.

Methods: This study used an observational analytic method with a cross-sectional approach. The research sample was aerobics participants in the Lampung Walk, totaling 59 samples. The independent variables in this study were fluid intake, nutritional status, and aerobic exercise, while the dependent variables were total cholesterol levels and hydration status. Samples were taken using a purposive sampling technique with an unpaired analytic sample formula.

Results: Fluid intake, and exercise intensity are related to total cholesterol levels with p-values of 0.020; and 0.035 respectively, while fluid intake and exercise intensity are related to hydration status with p-values of 0.000 and 0.007, respectively. Nutritional status did not show any relationship with total cholesterol levels and hydration status with a p-value of 0.267 and 0.550 respectively. The fluid intake variable is considered to have the most influence on the hydration status variable with a Sig. 0.000.

Conclusion: The results of this study were influenced by various factors outside the variables, one of which was the characteristics of the respondents who were dominated by early adulthood and female sex, so further research was needed with a variety of other variables.

Key Words: Aerobic Exercise, Fluid Intake, Hydration Status, Nutritional Status, Total Cholesterol Level

ABSTRAK

ANALISIS HUBUNGAN ASUPAN CAIRAN, STATUS GIZI, DAN SENAM AEROBIK DENGAN STATUS HIDRASI DAN KADAR KOLESTEROL TOTAL PADA PESERTA SANGGAR SENAM DI BANDAR LAMPUNG

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Latar Belakang: Pola hidup sehat memperhatikan seluruh aspek kesehatan, seperti asupan cairan, asupan nutrisi, dan aktivitas fisik sehari-hari yang saling berhubungan dan berkaitan satu sama lain sebagai indikator seseorang dinyatakan sehat yang diketahui dengan pemeriksaan kesehatan.

Metode: Penelitian ini menggunakan metode analitik observasional dengan pendekatan *cross-sectional*. Sampel penelitian adalah peserta senam aerobik di Lampung Walk berjumlah 59 sampel. Variabel bebas pada penelitian ini adalah asupan cairan, status gizi, dan senam aerobik, sedangkan variabel terikat adalah kadar kolesterol total dan status hidrasi. Sampel diambil dengan menggunakan teknik *purposive sampling* dengan rumus sampel analitik tidak berpasangan.

Hasil: Asupan cairan, dan intensitas senam aerobik berhubungan dengan kadar kolesterol total dengan masing-masing *p-value* sebesar 0,020; dan 0,035, sedangkan asupan cairan dan intensitas senam aerobik berhubungan dengan status hidrasi dengan masing-masing *p-value* sebesar 0,000 dan 0,007. Status gizi tidak menunjukkan adanya hubungan dengan kadar kolesterol total dan status hidrasi dengan nilai *p-value* sebesar 0,267 dan 0,550. Variabel asupan cairan dinilai paling memengaruhi variabel status hidrasi dengan nilai signifikansi 0,000.

Simpulan: Hasil penelitian ini dipengaruhi oleh berbagai faktor di luar variabel, salah satunya karakteristik responden yang didominasi dengan usia dewasa awal dan jenis kelamin perempuan, maka diperlukan adanya penelitian lanjutan dengan variasi variabel lainnya.

Kata Kunci: Asupan Cairan, Kadar Kolesterol Total, Senam Aerobik, Status Gizi, Status Hidrasi