

ABSTRACT

RELATION OF HEALTHY HYDRATION KNOWLEDGE AND ADEQUATE OF WATER INTAKE WITH OVERWEIGHT IN MEDICAL STUDENT FACULTY OF MEDICINE UNIVERSITY OF LAMPUNG

By

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Background: Daily water intake is needed in adequate amounts to make body function properly and prevent adverse effects, one of that is overweight. Good hydration knowledge is expected to have effect on fulfilling water needs and preventing overweight. This study aims to determine the relationship between healthy hydration knowledge and adequate of water intake with overweight.

Methods: This study is an observational quantitative study with a cross-sectional approach. The research sample was medical student faculty of medicine university of lampung with total 109 respondents. The independent variables are healthy hydration knowledge and water intake. The dependent variable is overweight. Samples were taken by proportional stratified random sampling and continued with simple random sampling.

Results: The results showed that 79.8% of respondents' hydration knowledge was bad, and 20.2% were good. Respondents' water intake was 78.9% inadequate and 21.1% adequate. And 33.9% of respondents were overweight and 66.1% of respondents were not overweight. The results of bivariate analysis showed healthy hydration knowledge ($p=0.214$), water intake ($p=0.164$) had no relationship with overweight.

Conclusion: There is no relationship between healthy hydration knowledge and adequate of water intake with overweight in medical student faculty of medicine university of lampung.

Key Words: Hydration Knowledge, Water Intake, Overweight

ABSTRAK

HUBUNGAN PENGETAHUAN MENGENAI HIDRASI SEHAT DAN KECUKUPAN MINUM AIR PUTIH DENGAN KELEBIHAN BERAT BADAN PADA MAHASISWA PROGRAM STUDI PENDIDIKAN DOKTER FAKULTAS KEDOKTERAN UNIVERSITAS LAMPUNG

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Latar Belakang: Asupan air putih harian dibutuhkan dalam jumlah yang adekuat agar tubuh dapat berfungsi dengan baik dan mencegah timbulnya dampak buruk, salah satunya kelebihan berat badan. Pengetahuan hidrasi yang baik diharapkan memberikan efek terhadap pemenuhan kebutuhan air putih dan mencegah kelebihan berat badan. Penelitian ini bertujuan untuk mengetahui hubungan pengetahuan hidrasi sehat dan kecukupan minum air putih dengan kelebihan berat badan.

Metode: Penelitian ini merupakan penelitian kuantitatif observasional dengan pendekatan *cross-sectional*. Sampel penelitian adalah mahasiswa pspd fk unila dengan jumlah 109 responden. Variabel bebas berupa pengetahuan hidrasi sehat dan asupan cairan. Variabel terikat berupa kelebihan berat badan. Sampel diambil dengan cara *proportional stratified random sampling* dan dilanjutkan dengan *simple random sampling*.

Hasil: Hasil penelitian menunjukkan pengetahuan hidrasi responden 79,8% kurang, dan 20,2% baik. Asupan air putih responden 78,9% tidak adekuat dan 21,1% adekuat. Serta 33,9% responden mengalami kelebihan berat badan dan 66,1% responden tidak mengalami kelebihan berat badan. Hasil analisis bivariat menunjukkan pengetahuan hidrasi sehat ($p=0,214$), asupan air putih ($p=0,164$) tidak memiliki hubungan dengan kelebihan berat badan.

Kesimpulan: Tidak terdapat hubungan antara pengetahuan hidrasi sehat dan kecukupan minum air putih dengan kelebihan berat badan pada mahasiswa pspd fk unila.

Kata Kunci: Pengetahuan Hidrasi, Asupan Air Putih, Kelebihan Berat Badan