ABSTRAK

Latar Belakang: Pandemi Covid-19 menyebabkan perubahan pola hidup manusia dan penurunan yang signifikan terhadap aktivitas fisik. Indonesia kini telah memasuki masa transisi setelah mengalami pandemi Covid-19 selama dua tahun. Aktivitas manusia pada pasca pandemi secara perlahan meningkat menuju normal membuat banyak perubahan, salah satunya adalah konsumsi air. Konsumsi air dapat berubah pada saat aktivitas pembelajaran kembali dilakukan secara luring. Saat pandemi Covid-19, 47,3% remaja di Surabaya tidak mengonsumsi air dalam jumlah yang cukup. Dampak yang dapat ditimbulkan oleh kekurangan asupan air atau dehidrasi sangat luas seperti konstipasi, penurunan konsentrasi dan kognitif, masalah pada ginjal, hingga kematian, cukup banyak dialami manusia. Prevalensi status hidrasi dan konsumsi air, saat masa pasca pandemi Covid-19, pada populasi mahasiswa di Indonesia menjadi penting untuk diteliti karena dampak dehidrasi yang luas.

Tujuan: Penelitian ini bertujuan untuk mengetahui status hidrasi mahasiswa Universitas Gadjah Mada pasca pandemi Covid-19.

Metode: Penelitian ini menggunakan metode *cross sectional* menggunakan data primer jumlah konsumsi air untuk menentukan status hidrasi. Status hidrasi dan data preferensi jenis minuman yang dikonsumsi diambil menggunakan kuesioner BEVQ-15 yang telah diadaptasi dalam Bahasa Indonesia. Penelitian ini juga mengamati karakteristik responden, sumber perolehan air minum, dan peningkatan aktivitas pembelajaran. Populasi penelitian ini diambil dengan *convenience sampling* pada mahasiswa Universitas Gadjah Mada yang mengikuti kegiatan Health and Wellness Festival UGM 2022.

Hasil penelitian: Sebanyak 54,3% responden mengalami dehidrasi karena tidak mengonsumsi cairan yang cukup sebanyak dua liter per hari. Banyak faktor yang menyebabkan tingkat dehidrasi cukup tinggi, salah satunya adalah akses dan ketersediaan terhadap air minum. Status hidrasi yang cukup buruk tidak berhubungan secara signifikan (p>0,05) dengan peningkatan aktivitas pembelajaran pasca pandemi. Dalam studi ini dapat diketahui pula preferensi jenis minuman yang dikonsumsi oleh responden, yaitu Sebagian besar lebih memilih jenis SSB (*Sugar Sweetened Beverages*) dibandingkan jenis non-SSB.

Kesimpulan: Tidak terdapat hubungan antara status hidrasi dan masa transisi pandemi Covid-19.

Kata kunci : status hidrasi, kebiasaan minum, mahasiswa UGM, *new normal*, air minum

ABSTRACT

Background: Covid-19 pandemic change lifestyle and makes significant decline to human physical activity. Indonesia has entered a transition period after experiencing the Covid-19 pandemic for two years. Post-pandemic human activities are slowly increasing towards normal, making many changes, one of which is water consumption. Water consumption may change when learning activities are carried out offline again. During the Covid-19 pandemic, 47.3% of teenagers in Surabaya did not consume enough water. The impacts that can be caused by a lack of water intake or dehydration are very broad, such as constipation, decreased concentration and cognitive function, kidney problems, and even death, which are experienced by quite a lot of people. The study of hydration status prevalence and water consumption, during the post-Covid-19 pandemic period, in the student population in Indonesia is important to research because of the widespread impact of dehydration.

Objective: This research aims to determine the hydration status of Gadjah Mada University students after the Covid-19 pandemic.

Method: This study used a cross sectional method using primary data on the amount of water consumed to determine hydration status. Hydration status and preference of beverages were taken using the BEVQ-15 questionnaire which was adapted into Indonesian language. This research also looked at the characteristics of respondents, sources of drinking water, and increased learning activities. The population for this study was taken using convenience sampling from Gadjah Mada University students who took part in the 2022 UGM Health and Wellness Festival.

Result: As many as 54.3% of respondents experienced dehydration because they did not consume enough fluids of two litres per day. Many factors cause quite high levels of dehydration, one of which is access and availability of drinking water. Poor hydration status is not significantly related ($p>0.05$) to increased learning activities post-pandemic. In this study, the preferences for the types of drinks consumed by respondents can also be seen, namely that most prefer the SSB (Sugar Sweetened Beverages) type compared to the non-SSB type.

Conclusion: There is no relationship between hydration status and the transition period of the Covid-19 pandemic.

Keywords: hydration status , habits drinking , UGM students , new normal, drinking water