

HUBUNGAN ASUPAN NATRIUM DAN KEBIASAAN MINUM DENGAN STATUS HIDRASI PADA PEKERJA UNIVERSITAS GADJAH MADA

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INTISARI

Latar Belakang: Lingkungan kerja yang cepat dan penuh tekanan berisiko menyebabkan hidrasi kurang optimal pada pekerja. Pekerja seringkali memulai aktivitas dengan dehidrasi yang kurang optimal. Dehidrasi dapat menurunkan fungsi kognitif, produktivitas, hingga meningkatkan risiko kecelakaan kerja. Elektrolit seperti natrium berperan penting dalam keseimbangan cairan tubuh, sementara kebiasaan minum yang buruk turut memperburuk status hidrasi.

Tujuan: Menganalisis hubungan asupan natrium dan kebiasaan minum dengan status hidrasi pada pekerja UGM.

Metode: Penelitian menggunakan desain studi *cross-sectional* dengan total 100 responden. Responden berasal dari lima fakultas yang berbeda di UGM. Pengambilan data dilakukan pada bulan Oktober–November 2024. Penelitian ini menggunakan instrumen *Semi-Quantitative Food Frequency Questionnaire* (SQ-FFQ), kuesioner kebiasaan minum, dan *chart* warna urin. Analisis data bivariat dengan uji *Chi-square* menggunakan SPSS.

Hasil: Mayoritas responden memiliki asupan natrium yang buruk (>2000 mg) (53%). Kebiasaan minum mayoritas responden baik (73%) dengan status responden terhidrasi baik sebanyak 61 orang (61%). Hasil uji *Chi-Square* menunjukkan angka asupan natrium dan status hidrasi berkorelasi secara signifikan ($p=0,029$). Kebiasaan minum berhubungan secara signifikan dengan status hidrasi ($p=0,000$).

Kesimpulan: Terdapat hubungan antara asupan natrium dan kebiasaan minum dengan status hidrasi. Hasil penelitian ini menunjukkan bahwa pentingnya menjaga dan mengelola status hidrasi pada pekerja.

Kata Kunci: Asupan Natrium, Kebiasaan Minum, Status Hidrasi, Pekerja Universitas Gadjah Mada

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THE RELATIONSHIP BETWEEN SODIUM INTAKE AND DRINKING HABITS WITH HYDRATION STATUS AMONG STAFF AT UNIVERSITAS GADJAH MADA

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ABSTRACT

Background: Fast-paced and stressful work environments pose a risk of suboptimal hydration for workers. Workers often begin their activities less than optimally dehydrated. Dehydration can impair cognitive function and productivity, and even increase the risk of workplace accidents. Electrolytes, such as sodium, play a crucial role in maintaining fluid balance, while poor drinking habits contribute to poor hydration status.

Objective: To determine the association between sodium intake and drinking habits with hydration status in UGM workers.

Methods: The study used a cross-sectional study design with a total of 100 respondents. Respondents came from five different faculties at UGM. Data collection was conducted in October–November 2024. This study used the Semi-Quantitative Food Frequency Questionnaire (SQ-FFQ) instrument, a drinking habit questionnaire, and a urine color chart. Bivariate data analysis with the Chi-square test using SPSS.

Result: The majority of respondents had poor sodium intake (>2000 mg) (53%). The drinking habits of the majority of respondents were good (73%) with 61 respondents having a well hydrated status (61%). The results of the Chi-Square test showed that sodium intake and hydration status were significantly correlated ($p=0.029$). Drinking habits were significantly related to hydration status ($p=0.000$).

Conclusion: There is a relationship between sodium intake and drinking habits with hydration status. The results of this study indicate the importance of maintaining and managing hydration status in workers.

Keyword: Sodium Intake; Drinking Habits; Hydration Status

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