



HUBUNGAN PENGETAHUAN, SIKAP, DAN PERILAKU HIDRASI DENGAN STATUS HIDRASI PADA ATLET PARALIMPIK

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INTISARI

Latar Belakang: Atlet merupakan kelompok yang rentan mengalami dehidrasi. Pada atlet paralimpik, risiko ini semakin tinggi karena adanya keterbatasan mobilitas dan gangguan fisiologis seperti penurunan respons haus serta gangguan termoregulasi. Kondisi tersebut dapat berdampak pada penurunan performa dan kesehatan mereka. Pengetahuan, sikap, dan perilaku hidrasi berperan penting dalam mencegah dehidrasi, namun hubungan ketiganya dengan status hidrasi fisiologis pada atlet paralimpik masih jarang diteliti. Oleh karena itu, peneliti mencoba untuk mencari hubungan antara pengetahuan, sikap, dan perilaku mengenai hidrasi dengan status hidrasi pada atlet paralimpik.

Tujuan: Penelitian ini bertujuan untuk mengetahui hubungan antara pengetahuan, sikap, dan perilaku mengenai hidrasi dengan status hidrasi pada atlet paralimpik, khususnya di Daerah Istimewa Yogyakarta.

Metode: Penelitian observasional analitik dengan desain *cross-sectional* yang melibatkan 41 atlet paralimpik *National Paralympic Committee* (NPC) DIY dengan rentang usia 20 hingga 60 tahun. Data dikumpulkan menggunakan *Hydration Assessment Questionnaire* (HAQ) yang telah diuji validitas dan reliabilitasnya untuk mengukur tingkat pengetahuan, sikap, dan perilaku hidrasi. Status hidrasi diukur melalui berat jenis urine menggunakan *Urine Reagent Strips* (URS) pada sampel urine pagi pertama fase prakompetisi. Analisis data menggunakan uji korelasi Spearman untuk menilai hubungan antarvariabel dengan tingkat kemaknaan $p < 0,05$.

Hasil: Hasil menunjukkan bahwa sebagian besar responden memiliki tingkat pengetahuan hidrasi baik (68,3%), sikap hidrasi cukup (65,9%), dan perilaku hidrasi yang baik (68,3%). Namun demikian, hanya 6 responden (14,6%) yang berada dalam kondisi hidrasi baik, sementara 15 responden (36,6%) mengalami dehidrasi ringan, 12 responden (29,3%) dehidrasi sedang, dan 8 responden (19,5%) dehidrasi berat. Hasil Uji Korelasi Spearman menunjukkan bahwa tidak terdapat hubungan yang signifikan ($p > 0,05$) antara tingkat pengetahuan ($p = 0,512$), sikap ($p = 0,155$), maupun perilaku hidrasi ($p = 0,399$) dengan status hidrasi pada atlet paralimpik.

Kesimpulan: Pengetahuan, sikap, dan perilaku hidrasi tidak berhubungan secara signifikan dengan status hidrasi atlet paralimpik. Hal ini menunjukkan bahwa terdapat faktor lain yang lebih memengaruhi status hidrasi aktual atlet paralimpik, seperti faktor fisiologis dan kondisi lingkungan.

Kata Kunci: atlet paralimpik; pengetahuan hidrasi; perilaku hidrasi; sikap hidrasi; status hidrasi

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RELATIONSHIP BETWEEN HYDRATION KNOWLEDGE, ATTITUDES, AND BEHAVIORS AND HYDRATION STATUS AMONG PARALYMPIC ATHLETES

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ABSTRACT

Background: Athletes are a group that is particularly vulnerable to dehydration. Among paralympic athletes, this risk is heightened due to limited mobility and physiological impairments such as reduced thirst response and impaired thermoregulation. These conditions can negatively affect their performance and overall health. Knowledge, attitudes, and hydration behaviors are essential for preventing dehydration; however, their association with actual hydration status among Paralympic athletes remains underexplored. Therefore, this study aimed to examine the relationship between hydration knowledge, attitudes, and behaviors and the hydration status of paralympic athletes.

Objective: Determine the relationship between hydration knowledge, attitudes, and behaviors with hydration status among Paralympic athletes, particularly in the Special Region of Yogyakarta.

Methods: This analytical observational study with a cross-sectional design involved 41 paralympic athletes from the National Paralympic Committee (NPC) of Yogyakarta, aged 20–60 years. Hydration knowledge, attitudes, and behaviors were assessed using the validated Hydration Assessment Questionnaire (HAQ), while hydration status was determined from urine specific gravity measured by Urine Reagent Strips (URS) from first-morning samples in the pre-competition phase. Data were analyzed using Spearman's correlation test ($p < 0.05$).

Results: Most respondents had good hydration knowledge (68.3%), moderate hydration attitudes (65.9%), and good hydration behaviors (68.3%). However, only 6 athletes (14.6%) were in a well-hydrated, while the others experienced varying levels of dehydration: mild (36.6%), moderate (29.3%), and severe (19.5%). The Spearman correlation test indicated no significant relationships ($p > 0.05$) between hydration knowledge ($p = 0.512$), attitudes ($p = 0.155$), or behaviors ($p = 0.399$) and hydration status among paralympic athletes. Most athletes (85.4%) were classified as mildly to severely dehydrated, despite demonstrating good levels of hydration knowledge, attitudes, and behaviors.

Conclusion: Hydration knowledge, attitudes, and behaviors were not significantly associated with the hydration status of paralympic athletes. Other factors, such as physiological impairments and environmental factors, may play a more dominant role in influencing the physiological hydration status of paralympic athletes.

Keywords: paralympic athletes; hydration knowledge; hydration behavior; hydration attitude; hydration status

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