

STATUS HIDRASI DAN PERFORMA SPRINT 60 M PADA SISWA DAN SISWI SMA NEGERI 1 JETIS DI BANTUL, DAERAH ISTIMEWA YOGYAKARTA: STUDI *CROSS-SECTIONAL*

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INTISARI

Latar belakang: Beberapa studi melaporkan bahwa remaja di Indonesia memiliki asupan cairan yang rendah dan mengalami dehidrasi. Dehidrasi dapat mengubah performa kognitif para remaja di sekolah. Dehidrasi juga dapat merusak kebugaran jasmani. Perbedaan status hidrasi dan kebugaran jasmani antara remaja laki-laki dan remaja perempuan telah dibuktikan oleh beberapa studi lainnya.

Tujuan: Untuk mencari perbedaan status hidrasi dan performa sprint 60 m antara siswa dan siswi SMA Negeri 1 Jetis di Bantul dan untuk mencari korelasi antara status hidrasi dan performa sprint 60 m.

Metode: Pada studi *cross-sectional* ini, tinggi badan, berat badan, indeks massa tubuh (IMT), berat jenis urin (BJU), dan performa sprint 60 m 98 siswa dan 140 siswi SMA Negeri 1 Jetis di Bantul diukur. Analisis statistik dengan uji t, uji Mann-Whitney, uji Kolmogorov Smirnov Z, dan uji korelasi rank Spearman digunakan.

Hasil: Perbedaan status hidrasi dan performa sprint 60 m antara siswa dan siswi signifikan ($p < 0.01$). Para siswa memiliki BJU yang lebih rendah dan meraih skor yang lebih tinggi daripada para siswi. Status hidrasi dan performa sprint 60 m memiliki korelasi yang signifikan dan negatif pada siswa dan bersama siswi ($p < 0.01$) dan memiliki korelasi yang positif dan tidak signifikan pada siswi saja ($p > 0.05$).

Kesimpulan: Ada perbedaan status hidrasi dan performa sprint 60 m yang signifikan antara siswa dan siswi. Status hidrasi dan performa sprint 60 m berkorelasi negatif secara signifikan pada siswa dan bersama siswi dan berkorelasi positif secara tidak signifikan pada siswi saja.

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HYDRATION STATUS AND 60-M SPRINT PERFORMANCE IN STUDENTS OF SMA NEGERI 1 JETIS IN BANTUL, SPECIAL REGION OF YOGYAKARTA: A CROSS-SECTIONAL STUDY

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ABSTRACT

Background: Studies reported that adolescents in Indonesia had low fluid intake and were dehydrated. Dehydration may alter cognitive performance performed by adolescents in school. It may also impair physical fitness. Difference in hydration status and physical fitness between boys and girls have been demonstrated in some other studies.

Objective: To seek the difference in hydration status and 60-m sprint performance between male and female students of SMA Negeri 1 Jetis in Bantul and to seek the correlation between hydration status and 60-m sprint performance.

Method: In this cross-sectional study, height, weight, body mass index (BMI), urine specific gravity (USG), and 60-m sprint performance of 98 male students and 140 female students of SMA Negeri 1 Jetis in Bantul were measured. Statistical analyses with t-test, Mann-Whitney test, Kolmogorov Smirnov Z test, and Spearman's rank correlation were used.

Result: The differences in hydration status and 60-m sprint performance between boys and girls were significant ($p < 0.01$). Boys had lower USG and achieved higher scores than girls. Hydration status and 60-m sprint performance had significant negative correlation in boys and together with girls ($p < 0.01$) and had insignificant positive correlation in only girls ($p > 0.05$).

Conclusion: There were significant differences in hydration status and 60-m sprint performance between male students and female students. Hydration status and 60-m sprint performance were significantly and negatively correlated in male students and together with female students and were insignificantly and positively correlated in only female students.

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