

ABSTRAK

Latar Belakang:

Masalah kurang konsumsi air bukan saja masalah di Indonesia tetapi juga masalah global. Kejadian ini lebih tinggi pada remaja (49,5%) dibanding pada orang dewasa (42,5%). Beberapa penelitian menunjukkan penurunan status hidrasi tubuh dapat dipengaruhi oleh peningkatan indeks massa tubuh. Subyek dengan obesitas kebanyakan memiliki status hidrasi kurang baik daripada subyek yang tidak obesitas hal tersebut terjadi karena adanya peningkatan kadar lemak tubuh yang akan mempengaruhi konsentrasi air tubuh.

Tujuan Penelitian:

Penelitian ini bertujuan untuk mengetahui hubungan antara status gizi, jenis kelamin dan status hidrasi pada anak usia 14-18 tahun.

Metode Penelitian:

Penelitian ini merupakan penelitian potong lintang. Pengukuran berat tubuh, tinggi tubuh, IMT/usai dan status hidrasi berdasarkan skala warna urin dilakukan pada subyek siswa-siswi usia 14-18 tahun SMA Negeri 1 Jetis, Bantul dengan jumlah subyek 242 yang terdiri dari siswa laki-laki 107 dan siswa perempuan 135. Uji statistik gamma digunakan untuk melihat hubungan antara status gizi, jenis kelamin, dan status hidrasi.

Hasil:

Status hidrasi tidak menunjukkan hubungan yang bermakna dengan jenis kelamin ($p=0,686$), jumlah subyek laki-laki yang memiliki status hidrasi baik sebesar 67 (58,87%), sedangkan pada perempuan 76 (56,3%). Hubungan antara status gizi dengan status hidrasi menunjukkan hasil yang tidak bermakna ($p=0,606$). Total subyek dengan status hidrasi baik ($n=1139$), 44,60% memiliki status gizi normal, 28,78% *underweight*, 19,42% *overweight*, 7,19% obesitas, sedangkan pada status hidrasi kurang baik ($n=103$), 45,04% memiliki status gizi normal, 27,18% *underweight*, 19,42% *overweight*, 7,77% obesitas.

Kesimpulan:

Hasil penelitian ini menunjukkan tidak terdapat hubungan yang bermakna antara status gizi, jenis kelamin, dan status hidrasi pada anak usia 14-18 tahun di SMA Negeri 1 Jetis, Bantul.

Kata Kunci:

Status Gizi, Indeks Massa Tubuh, Status Hidrasi, *Urine Color Chart*

ABSTRACT

Background:

The problem of lack water consumption is not only a problem in Indonesia but also a global problem. This incidence was higher in adolescents (49.5%) than in adults (42.5%). Some studies indicate a decrease of body hydration status can be affected by increased body mass index. Subjects with obesity mostly have poor hydration status than non-obese subjects. It occurs because an increase in body fat levels will affect the water concentration of the body.

Aim of Study:

This study aims to determine the relationship between nutritional status with hydration status in children aged 14-18 years.

Research Methods:

This study used a cross sectional study. Body weight, body height, BMI/age and hydration status based on urine color scale of 135 female and 107 male students of SMA Negeri 1 Jetis in Bantul aged 14-18 were measured. Gamma statistical tests were used to know relationship between nutritional status, sex and hydration status.

Results:

There was no significant correlation between hydration status with sexes ($p=0.686$). The number of male and female subject who had good hydration is 67(58.87%) and 76(56.3%) respectively. The correlation between nutritional status and hydration status showed insignificant result ($p=0,606$). Among the total number of subject with good hydration ($n=139$), 44.6% had normal nutritional status, 28.78% were underweight, 19.42% were overweight, and 7.19% were obese. On the other hand, among subject with mild dehydration ($n=103$), 45.04% had normal nutritional status, 27.18% were underweight, 19.42% were overweight and 7.77% were obese.

Conclusion:

There was no significant correlation between nutritional status, sex and hydration status in children aged 14-18 years in SMA Negeri 1 Jetis, Bantul.

Keywords:

Nutritional Status, Body Mass Index, Hydration Status, Urine Color Chart