



Pengaruh Penyuluhan Kebutuhan Air Minum Bagi Tubuh dan Pemberian Kartu PURI (Pemeriksaan Urin Sendiri) terhadap Perubahan Pengetahuan Kebutuhan Air Minum Bagi Tubuh, Kecukupan Asupan Cairan dan Tingkat Hidrasi pada Mahasiswa Non Kesehatan di Yogyakarta

Chornelia Citanindya⁽¹⁾, Siti Helmyati⁽²⁾, Tri Siswati⁽³⁾

INTISARI

Latar belakang : Air merupakan zat penting bagi tubuh. Kekurangan jumlah asupan cairan dapat mengakibatkan dehidrasi yang menyebabkan kondisi kesehatan tubuh terganggu. Keadaan dehidrasi dapat diketahui melalui kartu PURI (Pemeriksaan Urin Sendiri). Kurangnya pengetahuan merupakan salah satu penyebab asupan cairan yang kurang. Pengetahuan didapat melalui informasi yang disampaikan salah satunya dari penyuluhan. Dengan bertambahnya pengetahuan diharapkan dapat merubah sikap seseorang dan timbul kebiasaan baru.

Tujuan : Mengetahui pengaruh penyuluhan kebutuhan air minum bagi tubuh dan pemberian kartu PURI (Pemeriksaan Urin Sendiri) terhadap perubahan pengetahuan kebutuhan air minum bagi tubuh, kecukupan asupan cairan dan status hidrasi pada mahasiswa non kesehatan di Yogyakarta

Metode : Penelitian ini merupakan penelitian *quasi-eksperimental* menggunakan desain *control group with pre-test and post-test*. Jumlah sampel per kelompok sebanyak 16 orang dari mahasiswa Fakultas Pertanian UGM yang memenuhi kriteria inklusi yaitu mahasiswa laki-laki yang berumur <20 tahun. Pengetahuan diukur menggunakan kuisioner pengetahuan. Jumlah asupan cairan dicatat menggunakan formulir *3-days fluid diary*. Pengukuran status hidrasi menggunakan kartu PURI (Pemeriksaan Urin Sendiri).

Hasil : Selisih rata-rata skor pengetahuan antara kelompok eksperimen dan kelompok kontrol tidak berbeda secara statistik ($p=0,932$). Selisih rata-rata jumlah asupan cairan antara kelompok eksperimen dan kelompok kontrol tidak berbeda secara statistik ($p=0,551$). Pada *post-test* kelompok eksperimen terjadi peningkatan jumlah responden dengan status hidrasi baik sejumlah 6 orang serta penurunan jumlah responden dengan status hidrasi kurang sejumlah 6 orang dengan nilai $p=0,005$.

Kesimpulan : Penyuluhan kebutuhan air minum bagi tubuh dan pemberian kartu PURI (Pemeriksaan Urin Sendiri) tidak mempengaruhi pengetahuan kebutuhan air minum bagi tubuh, jumlah asupan cairan namun mempengaruhi status hidrasi.

Kata kunci : Penyuluhan kebutuhan air minum bagi tubuh, kartu PURI (Pemeriksaan Urin Sendiri), pengetahuan kebutuhan air minum bagi tubuh, kecukupan asupan cairan, status hidrasi.

⁽¹⁾ Progam Studi Gizi Kesehatan, Fakultas Kedokteran UGM, Yogyakarta

⁽²⁾ Progam Studi Gizi Kesehatan, Fakultas Kedokteran UGM, Yogyakarta

⁽³⁾ Politeknik Kesehatan, Yogyakarta

Effect of Drinking Water Needs Education for the Body and Giving PURI Card (Pemeriksaan Urin Sendiri) to Change the Knowledge of Drinking Water Needs for the Body, Adequacy Intake of Liquids and Hydration Level of the Student Non-Health in Yogyakarta

Chornelia Citanindya⁽¹⁾, Siti Helmyati⁽²⁾, Tri Siswati⁽³⁾

ABSTRACT

Background : Water is an essential substance for human body. Inadequate water intake can lead to dehydration, a condition that occurs when you don't have enough water in your body to carry out normal functions. Dehydration status can be assessed using PURI card. Lack of knowledge is one of many factors leading to inadequate water intake. Information gained from counseling session can increase one's knowledge that hopefully will lead to change of attitude and get new habit to emerge.

Objective : To analyze the influence of counseling about the necessity of water for human body and PURI card distribution to the change on level of knowledge about the necessity of water for human body, adequacy of water intake and hydration status on non-health college students in Yogyakarta.

Methods : This study adopted a quasi-experiment with pre-test and post-test control group design. Amount of sample for each group is 16 students from Faculty of Agriculture UGM that meet the inclusion's requirement (male student <20 year old). Level of knowledge was assessed using knowledge questionnaire. Water intake's data were collected using 3-days fluid diary form. Hydration status was assessed using PURI card.

Result : The difference between the average scores of knowledge between the experimental group and the control group were not statistically different ($p = 0.932$). The average difference between the amount of fluid intake experimental group and the control group were not statistically different ($p = 0.551$). At *post-test* experimental group increased 6 respondents with good hydration status and a decrease 6 respondents with less hydration status with $p = 0.005$.

Conclusion : Counseling about the necessity of water for human body and PURI card distribution has no significant influence to the change on level of knowledge about the necessity of water for human body and amount of water intake, but has influence on hydration status.

Key words : Counseling about the necessity of water for human body, PURI card, knowledge of water's necessity for human body, adequate water intake, hydration status.

⁽¹⁾ Health Nutrition, Faculty of Medicine, Gadjah Mada University, Yogyakarta

⁽²⁾ Health Nutrition, Faculty of Medicine, Gadjah Mada University, Yogyakarta

⁽³⁾ Health of Polytechnic, Yogyakarta