

HUBUNGAN POLA KONSUMSI CAIRAN TERHADAP STATUS HIDRASI PADA ATLET WEIGHT CATEGORY SPORT UNIT KEGIATAN MAHASISWA UNIVERSITAS GADJAH MADA

INTISARI

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Latar Belakang: *Weight Category Sport* terdapat kelas berat badan sebagai syarat mengikuti kompetisi. Atlet menyukai berat badan yang lebih ringan untuk memaksimalkan keuntungan. Metode penurunan berat badan yang digemari melalui pengurangan cairan tubuh memicu kondisi dehidrasi. Dehidrasi dapat menurunkan performa atlet dan merusak daya tahan otot sehingga meningkatkan risiko cedera. Atlet mahasiswa tidak memiliki ahli gizi pendamping.

Tujuan : Mengetahui hubungan pola konsumsi cairan terhadap status hidrasi pada atlet *weight category sport* Unit Kegiatan Mahasiswa Universitas Gadjah Mada (Judo, Karate, Kempo, Merpati Putih, Perisai Diri dan Taekwondo).

Metode : Desain penelitian berupa analitik observasional dengan rancangan penelitian *Cross-Sectional*. Penelitian dilaksanakan di Gelanggang Mahasiswa Universitas Gadjah Mada pada bulan November-Desember 2018. Total subjek penelitian 76 atlet mahasiswa anggota UKM *Weight Category Sport* UGM. Variabel penelitian yang diteliti yaitu pola konsumsi cairan yang diukur menggunakan *Fluid Record* serta *SQ-FFQ Cairan* dan status hidrasi menggunakan persentase selisih berat badan pre-post latihan. Uji statistik yang digunakan yaitu Uji Chi-Square dan Korelasi Pearson.

Hasil : Sejumlah 76 responden (100%) memiliki asupan cairan yang kurang selama masa latihan dengan rata-rata volume 356mL air mineral. Sejumlah 67 subjek (88,2%) memiliki asupan cairan harian kurang dengan rata-rata volume 2023,82mL. Sejumlah 54 mahasiswa (71,1%) *euhidrasi* dengan rerata penurunan berat badan 0,56Kg. Hubungan tidak signifikan antara pola konsumsi cairan dan status hidrasi dengan nilai $p(0,764)$.

Kesimpulan : Mayoritas atlet memiliki kuantitas konsumsi cairan kurang dan jenis cairan yang dominan dikonsumsi yaitu air mineral. Tidak terdapat hubungan signifikan antara pola konsumsi cairan dengan status hidrasi. Hubungan yang terbentuk yaitu hubungan korelasi sebanding, apabila konsumsi cairan meningkat maka status hidrasi juga meningkat ke arah positif.

Kata Kunci : hipohidrasi, asupan cairan, berat badan, status hidrasi, *weight sport*

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THE CORRELATION BETWEEN FLUID INTAKE AND HYDRATION STATUS AMONG COLLEGIATE ATHLETE WEIGHT CATEGORY SPORT OF UNIVERSITAS GADJAH MADA

ABSTRACT

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Background: In Weight Category Sport there are weight division as a condition for participating in the competition. Athletes prefer a lighter weight to maximize advantage. The popular weight loss method through reducing body fluids induce dehydration. Dehydration can reduce athlete's performance, impair muscle endurance and increase the risk of injury. Collegiate athletes do not have a personal nutritionist.

Objective: To determine the relationship between fluid intake and hydration status among collegiate athletes weight category sport of Universitas Gadjah Mada (Judo, Karate, Kempo, Merpati Putih, Perisai Diri and Taekwondo).

Methods: Research design was an observational analytic study with a cross-sectional research design. Research was conducted at the Gadjah Mada University Student Hall in November-December 2018. Total subjects of the study were 76 student athletes who were members of the UGM Weight Category Sport. The research variables studied were the fluid intake measured using Fluid Record and SQ-FFQ of fluids, hydration status using the percentage difference in pre-post exercise body weight. The statistical test used is the Chi-Square Test and Pearson Correlation.

Results: Total of 76 respondents (100%) had less fluid intake during the training period with an average volume of 356mL of mineral water. A total of 67 subjects (88.2%) had less daily fluid intake with an average volume of 2023.82mL. A total of 54 students (71.1%) were *euhydrated* with an average weight loss of 0.56 kg. There was no significant relationship between fluid intake and hydration status with *p-value* (0.764).

Conclusion: The majority of athletes have less quantity of fluid consumption and the dominant type of fluid consumed is mineral water. There is no significant relationship between fluid intake and hydration status. The relationship that is formed is a proportional correlation, if the consumption of fluids increases, the hydration status also increases to a positive direction.

Keywords: hypohydration, fluid intake, body weight, hydration status, weight sport

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