

**GAMBARAN PENGETAHUAN, SIKAP, KECUKUPAN ASUPAN
AIR MINUM, DAN KEJADIAN DEHIDRASI PADA MAHASISWA
TINGKAT 2 JURUSAN GIZI POLTEKKES KEMENKES
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ABSTRAK

Latar Belakang, Air merupakan salah satu senyawa esensial bagi terciptanya sebuah kehidupan. Tanpa makanan manusia tetap dapat bertahan hidup meskipun berminggu-minggu lamanya. Tetapi, tidak dengan air yang hanya bertahan selama beberapa hari. Saat ini masih banyak masyarakat yang meremehkan konsumsi air minum hingga menyebabkan tubuhnya kekurangan asupan air minum dan terjadi dehidrasi. **Tujuan Penelitian**, ini adalah untuk mengidentifikasi gambaran pengetahuan, sikap, kecukupan asupan air minum, dan kejadian dehidrasi. **Metode Penelitian**, ini menggunakan jenis penelitian kuantitatif-deskriptif dan desain penelitian *cross sectional study*. Sampel penelitian adalah 47 mahasiswa tingkat 2 di Jurusan Gizi Poltekkes Kemenkes Surabaya Tahun Ajaran 2020-2021. Kecukupan asupan air minum diperoleh dengan pengisian kuesioner *recall 2x24 Jam*. Status dehidrasi diperoleh dengan menggunakan pengukuran PURI (Periksa Urin Sendiri). Sementara variabel lain (pengetahuan dan sikap) diperoleh dengan pengisian kuesioner. **Hasil Penelitian** menunjukkan bahwa sebagian besar responden memiliki pengetahuan baik sebesar 51,1% dan sikap baik sebesar 93,6% sedangkan berdasarkan kecukupan air minumannya sebagian besar mahasiswa termasuk kurang sebesar 70,2% dan mengalami dehidrasi ringan 34%, dehidrasi sedang 17%, dan tidak mengalami dehidrasi 48,9%. **Kesimpulan**, pada penelitian ini sebagian besar responden memiliki pengetahuan baik, sikap baik, asupan air minumannya kurang, dan tidak mengalami dehidrasi.

Kata kunci : *pengetahuan, sikap, kecukupan asupan air minum, dehidrasi, mahasiswa*

**DESCRIPTION OF KNOWLEDGE, ATTITUDES, ADEQUACY OF
DRINKING WATER INTAKE, AND DEHYDRATION FOR STUDENTS
GRADE 2 DEPARTEMEN OF NUTRITION POLTEKKES KEMENKES
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ABSTRACT

Research background, Water is one of the essential compounds for the creation of life. Without food humans can still survive even for weeks. However, not with water that only lasted a few days. Currently there are still many people who underestimate the consumption of drinking water, causing their bodies to lack intake and dehydration, even failure kidney disease, heart disease, and stroke. **Research Purpose,** of this study is to identified the describe of knowledge, attitudes, adequacy of drinking water intake, and dehydration. **Method,** uses quantitative-descriptive research and uses design *cross sectional study* research. The research sample was 47 students level 2 in the Department of Nutrition, Poltekkes Kemenkes Surabaya in the year of 2020-2021. Adequacy of water intake is obtained by filling in the *recall 2x24 hours*. Dehydration status was obtained using the PURI (Periksa Urin Sendiri) measurement. Meanwhile, other variables (knowledge and attitudes) were obtained by filling out a questionnaire. **Result,** showed that most of the respondents had a good knowledge of 51,1% and a good attitude of 93,6% while based on the adequacy of drinking water, most of the students were less than 70,2% and 34% mild dehydration, moderate dehydration. 17%, and are not dehydrated 48,9%. **Conclusion,** of this research is that most of the respondents have good knowledge, good attitude, lack of drinking water intake, and not are dehydrated.

Keyword : *knowledge, attitudes, adequacy of drinking water intake, dehydration, college students.*