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**HUBUNGAN KONSUMSI CAIRAN, STATUS GIZI, AKTIVITAS FISIK,
DENGAN STATUS HIDRASI PADA LANSIA DI PANTI WERDHA
WISMA MULIA KOWANI JAKARTA BARAT.**

VI Bab, 50 Halaman, 12 Tabel, 2 Gambar, 10 Lampiran

Latar Belakang: Proses menu merupakan proses alamiah yang akan dialami oleh setiap individu. Masalah kesehatan sering muncul pada lansia selain kebutuhan nutrisi, lansia membutuhkan pengaturan hidrasi dan konsumsi cairan yang baik. Tujuan dari penelitian ini adalah untuk menganalisis hubungan konsumsi cairan, status gizi, aktivitas fisik, dengan status hidrasi pada lansia di Panti Werdha Wisma Mulia Kowani Jakarta Barat.

Tujuan: Mengetahui hubungan konsumsi cairan, status gizi, aktivitas fisik, dengan status hidrasi pada lansia di Panti Werdha Wisma Mulia Kowani Jakarta Barat.

Metode: Jenis penelitian ini adalah jenis penelitian kuantitatif dengan desain penelitian *cross sectional*. Populasi penelitian ini adalah seluruh lansia di Panti Werdha Wisma Mulia Kowani Jakarta Barat dengan sampel sebanyak 30 responden. Analisa data pada penelitian ini menggunakan uji korelasi *pearson* dan uji korelasi *spearman* untuk analisis bivariat. Teknik ini digunakan untuk mengetahui hubungan konsumsi cairan, status gizi, aktivitas fisik, dengan status hidrasi pada lansia

Hasil: Berdasarkan hasil uji bivariat menggunakan uji korelasi *spearman* didapat bahwa ada hubungan konsumsi cairan dengan status hidrasi, secara statistik $p\text{-value} < 0,05$, tidak ada hubungan status gizi, dan aktivitas fisik, dengan status hidrasi secara statistik $p\text{-value} > 0,05$.

Kesimpulan: Konsumsi cairan merupakan faktor yang paling berhubungan dengan status hidrasi pada lansia di Panti Werdha Wisma Mulia Kowani Jakarta Barat.

Kata Kunci: aktivitas fisik, konsumsi cairan, status gizi, status hidrasi.

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RELATIONS CONSUMPTION LIQUID, NUTRITIONAL STATUS,
PHYSICAL ACTIVITY WITH STATUS HYDRATION IN ELDERLY IN
WERDHA WISMA MULIA KOWANI INSTITUTION, WEST JAKARTA

VI Chapter, 50 Halaman, 12 Table, 2 Picture, 10 Appendix

The Background Of: The Process of a menu is a process of an artless manner that will be experienced in by every individual so they can. Problems in accessing health services often occurs in of rheumatoid arthritis in addition to nutritional needs, elderly need the detailed regulation of the hydration and a high intake of its secreting a fluidthat essentially and perfectly morally good.Objectives of the studyare to analyze the relation of a high intake of liquid, nutritional status of children under, physical activity, with the status of the hydration on of rheumatoid arthritis from the institution werdha wisma mulia kowani jakarta barat

Purpose:Know relations consumption liquid, nutritional status, physical activity, with status hydration in elderly in an werdha wisma mulia kowani west jakarta.

A Method Of:The kind of research this is the kind of research quantitative with the design research of cross sectional. Percent of the population of this research is that an entire kind of rheumatoid arthritis from the institution werdha wisma mulia kowani west jakarta with on samples from 30 respondents in the persent study. Which is done based on the data in were was used in the study pearson candy businesses correlation test and test it at least a high school spearman to analysis support for new bivariat. This technique used in order to understand the consumption relationship which has seen trade a liquid, nutritional status of children under, physical activity, with the status of the hydration on of rheumatoid arthritis.

The Results Of:Based on the results of the test and been approved bivariat use spearmen correlation test will be within the range that there was a correlation a high intake of a liquid with the status of the hydration, is statistically $p\text{-value} < 0,05$, there was no connection nutritional status of children under,an physical activity, with the status of the hydration is statistically $p\text{-value} > 0,05$

Conclusion: Consumption is a liquid the most relating to status hydration in elderly in an werdha wisma mulia kowani west jakarta.

Keywords:physical activity, consumption liquid, nutritional status, hydration status



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