



## ABSTRAK

**UNIVERSITAS ESA UNGGUL  
FAKULTAS ILMU-ILMU KESEHATAN  
PROGRAM STUDI GIZI  
SKRIPSI, AGUSTUS 2019  
DINI DAMAI BAHAGIANI  
PERBEDAAN AKTIVITAS FISIK, KONSUMSI CAIRAN DAN STATUS  
HIDRASI PADA PEKERJA *INDOOR* DAN *OUTDOOR***

xiv, VI BAB, 52 Halaman, 14 Tabel, 2 Gambar, 13 Lampiran

**Latar Belakang :** Pekerja *indoor* yang terpapar suhu dingin dalam waktu yang lama berpotensi mengalami dehidrasi karena kurangnya kepekaan terhadap rasa haus, sama halnya dengan pekerja *outdoor* yang melakukan aktivitas fisik di luar ruangan maka berpotensi pula mengalami dehidrasi karena kehilangan cairan akibat pengeluaran keringat yang berlebih.

**Tujuan :** Menganalisis perbedaan aktivitas fisik, konsumsi cairan dan status hidrasi pada pekerja *indoor* dan *outdoor*.

**Metode :** Penelitian ini termasuk jenis penelitian *cross sectional*. Pengambilan sampel dilakukan dengan teknik total *sampling* didapat total responden sebanyak 61 orang yang terbagi pada kelompok pekerja *indoor* sebanyak 28 orang dan pekerja *outdoor* sebanyak 33 orang. Data yang dikumpulkan meliputi karakteristik responden, aktivitas fisik dengan form PAL, konsumsi cairan dengan form *recall* dan status hidrasi diperoleh dengan mengukur Berat Jenis Urin. Analisis bivariat menggunakan uji statistik *Independent T – Test* dan *Mann Whitney*.

**Hasil :** Hasil penelitian menunjukkan terdapat perbedaan yang signifikan pada variabel aktivitas fisik ( $p \leq 0.05$ ). Terdapat perbedaan yang signifikan pada variabel konsumsi cairan ( $p \leq 0.05$ ). Tidak terdapat perbedaan yang signifikan pada variabel status hidrasi ( $p \leq 0.05$ ).

**Simpulan :** Terdapat perbedaan yang bermakna antara aktivitas fisik dan konsumsi cairan pada pekerja *indoor* dan *outdoor*.

**Kata kunci :** Aktivitas Fisik, Konsumsi Cairan, Status Hidrasi, Pekerja.

Daftar Bacaan : 49, (2001-2019)

**ABSTRACT**



**ESA UNGGUL UNIVERSITY  
SCIENCE FACULTY OF HEALTH  
NUTRITIONAL SCIENCE PROGRAM STUDY  
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DINI DAMAI BAHAGIANI  
DIFFERENCES IN PHYSICAL ACTIVITY, FLUID CONSUMPTION AND  
HYDRATION STATUS IN INDOOR AND OUTDOOR WORKERS**

*xiv, VI CHAPTER, 52 Pages, 14 Tables, 2 Pictures, 13 Attachment*

**Background:** *Indoor workers who are exposed to a cold temperatures for a long time have the potential to become dehydrated due to a lack of sensitivity to thirst, as well as outdoor workers who carry out outdoor physical activities and potentially dehydrated due to loss of fluids from excessive sweating.*

**Objective:** *The purposes of this study is to analyze the differences between physical activity, fluid consumption and hydration status from indoor and outdoor workers.*

**Method:** *This study includes a cross-sectional type of study. Sampling was done by total sampling technique, obtained a total of 61 respondents. Data collected includes the respondent characteristics, physical activity with PAL form, fluid consumption with form recall and hydration status obtained by measuring Urine Reagent Strip. Bivariate analysis using the Independent T-Test and Mann Whitney statistical tests.*

**Results:** *The results showed there was a significant differences in physical activity variable ( $p \leq 0.05$ ). There was a significant differences in the variable fluid consumption ( $p \leq 0.05$ ). There was no significant differences in the variable hydration status ( $p \geq 0.05$ ).*

**Conclusion:** *There was a significant differences between physical activity and fluid consumption in indoor and outdoor workers.*

**Keywords:** *Physical Activity, Liquid Consumption, Hydration Status, Workers.*  
Reading list : 49, (2001-2019)