

ABSTRACT



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Relationship between Knowledge of Fluids, Total Fluid Intake, BMI and Specific Gravity of Urine in Expedition Courier

xvi + 78 Pages, 12 Tables, 3 Pictures, 6 Annex

Background: Hydration is the balance of fluids in the body while dehydration is an imbalance of fluids in the body. Dehydration in workers can affect productivity, work quality, work safety and mental status. Dehydration can result from losing too much water, not drinking enough or both of these things. Even though there are certain types of work that has special needs for fluids such as workers in hot environments. Factors that influence the urine specific gravity to be studied are knowledge of fluids, total fluid intake and BMI.

Objective: The purpose of this study to determine the relationship between knowledge of fluids, total fluid intake, BMI and specific gravity of urine in expedition courier.

Methods: This study was a cross-sectional design with 44 expedition courier as the research subject. Knowledge of fluids obtained using a questionnaire. 2×24 hours food recall interviews are used to estimate total fluid intake. BMI was calculated using anthropometric data and urine specific gravity was obtained through urinalysis reagent strips. The data was processed and analyzed using Pearson correlation test.

Results: There is a relationship between knowledge of fluids and urine specific gravity ($p=0,0001$, $r=-0,514$). There is a relationship between total fluid intake and urine specific gravity ($p=0,0001$, $r=-0,685$). There is no relationship between BMI and urine specific gravity ($p=0,337$, $r=0,148$).

Conclusion: There is a relationship between knowledge of fluids, total fluid intake and urine specific gravity. There was no relationship between BMI and urine specific gravity.

Keywords : BMI, Fluid Intake, Hydration Status, Knowledge, Worker

Reading List : 78 (1993-2019)