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**ASSOCIATION BETWEEN DRINKING HABIT, ADEQUATE FLUID,
AND PHYSICL ACTIVITY ON DEHYDRATION IN CHILDREN OF
PRIMARY SCHOOL AGE 10-12 YEARS OLD AT MI BUSTANUL
AULAD TIGARAKSA KAB. TANGERANG**

Xiv, VI Chapter, 139 Page, 27 Table, 2 Picture 14 Graph, 3 Attachment

Background : The human body needs water at any time. Fluid requirements are influenced by physical activity, age, weight, temperature and fluid intake (food and drink). Adequacy of fluid that is unfulfilled then it will cause dehydration. Dehydration is a condition in the body of water shortage due to water loss through sweating, gastrointestinal or inadequate intake. When exercising, going on to lose more water so that the necessary replacement of the water quickly. Drinking water in sufficient quantity is often overlooked, especially in children.

Objective : Find out association between drinking habits, adequate fluids, and physical activity to dehydration in children of primary school Age 10-12 years old in MI Bustanul Aulad.

Method : Respondents in this research amounted to 58 children of primary school aged 10-12 years in MI Bustanul Aulad. Variables tested were drinking habits, the adequacy fluid and physical activity using Pearson Correlation Test with computerized systems (CI 95%).

Result : The result of Pearson Correlation (CI 95%) indicated that the variables significantly associated with dehydration is drinking habit ($p>0,05$) and the adequate fluid ($p>0,05$). Other variable such as physical activity is not significantly associated with dehydration ($p<0,05$).

Conclusion : The variables influence on dehydration in elementary school children aged 10-12 years were drinking and adequacy of fluid.

Keywords : *Drinking Habit, Adequate fluid, Physical Activity, Dehydration, Children of Primary School.*