



ABSTRACT

Knowledge, attitude, and behavior regarding hydration of fluid intake of a university's students in Jakarta

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Background : Adequate body fluid is beneficial for maintaining physiology, cognitive function, and concentration, which are important for students. The purpose of this study was to determine knowledge, attitude, and behavior regarding hydration and fluid consumption and fluids intake of university students in Jakarta.

Methods : The design of this study uses descriptive, cross sectional and consecutive sampling. Data collection was carried out online in October 2021 among 97 subjects who met the inclusion and exclusion criteria. The inclusion criteria were students of the Faculty of Medicine and Health Sciences, Krida Wacana Christian, University year 2019, who claimed to be healthy. Exclusion criteria were fasting, dieting, taking medication, vitamins, or foods that can affect urine color. Data were collected after obtaining approval from the university's ethics committee. Data of knowledge, attitude and behavior were taken using questioners, then they were scored and categorized as good, sufficient and lack/bad. Questioners have been validated before used.

Result :

Result:

Table. Knowledge, attitude and behavior of students regarding fluid consumption.

	Knowledge n (%)	Attitude n (%)	Behavior n (%)
Good	79 (81,4%)	27 (27,8%)	89 (91,8%)
Sufficient	18 (18,6%)	69 (71,1%)	8 (8,2%)
Lack/bad	-	1 (1%)	-

Conclusion : Knowledge, attitude and behavior regarding fluid consumption of students of a university's students in Jakarta are almost entirely good and sufficient.

Keywords: fluid consumption, knowledge-attitude-behavior

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