



ABSTRACT

Fluid intake among university students in Jakarta

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Background : The significance of fluid intake cannot be underestimated, as it plays a vital role in regulating body temperature and enhancing cognitive function, especially in individuals experiencing thirst, while maintaining concentration. Fluid intake can be derived from various sources such as food, beverages, and metabolic processes. The objective of this study was to investigate the fluid intake among university students in Jakarta.

Methods: The design of this study was descriptive, cross-sectional, and consecutive sampling. Online data collection was conducted in November 2021. We analyzed 97 subjects after selection with inclusion and exclusion criteria. The inclusion criteria included male or female, aged 19-22 years, who were students from the Faculty of Medicine and Health Sciences, Krida Wacana Christian University class of 2019. The exclusion criteria included individuals who were fasting, on a weight loss program, or suffering from an illness that affected body fluid status. Data was collected for 3 consecutive days, with measurements taken 3 times a day, at 12:00 am, 18:00 pm, and 21:00 pm. Fluid intake, including water and other beverages, was categorized as adequate if it +10% of the Indonesian Recommended Daily Allowance (RDA), insufficient if it was <10% RDA, and excessive if it >10% RDA.

Result :

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Table 1. Fluid intake of university students based on Indonesian Recommended Daily Allowance

Fluid intake	Male n (%)	Female n (%)	Total (n)
Insufficient	13 (50%)	24 (33,8%)	37 (37,5%)
Fluid intake, mean (SD)	1116 (267)	1013 (263)	
Adequate	9 (34,6%)	40 (56,3%)	49 (51%)
Fluid intake, mean (SD)	2135 (211)	1763 (279)	
Excessive	4 (15,3%)	7 (9,9%)	11 (11,5%)
Fluid intake, mean (SD)	3040 (375)	2953 (461)	
Total	26 (26,8%)	71 (73,2%)	97 (100%)

Conclusion : Several students have not met the recommended fluid intake requirements.

Keywords: fluid intake, fluid requirements, university students

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