

Universitas Ngudi Waluyo
Program Studi S1 Gizi, Fakultas Kesehatan
Skripsi, Juli 2025
Maulidatul Ula Himatul Ulfa
061211009

**HUBUNGAN ANTARA TINGKAT KONSUMSI CAIRAN DENGAN
TINGKAT HIDRASI PADA TENAGA KERJA DI INSTALASI GIZI
RUMAH SAKIT PARU Dr. ARIO WIRAWAN SALATIGA**

Email: maulidaullfa@gmail.com

ABSTRAK

Latar Belakang: Kondisi hidrasi yang baik sangat penting untuk menjaga kesehatan tubuh. Hasil penelitian sebelumnya didapatkan 41,7% tenaga kerja mengalami dehidrasi berat.

Tujuan: Untuk mengetahui apakah terdapat hubungan antara tingkat konsumsi cairan dengan tingkat hidrasi pada tenaga kerja di Instalasi Gizi Rumah Sakit Paru Dr. Ario Wirawan Salatiga.

Metode: Penelitian ini menggunakan desain studi observasional analitik dengan pendekatan cross-sectional. Populasi penelitian ini adalah tenaga kerja di instalasi gizi rumah sakit paru Dr. Ario Wirawan Salatiga. Sampel dalam penelitian ini adalah 42 tenaga kerja yang diperoleh dari teknik total sampling. Data konsumsi cairan diukur dengan metode food recall selama tiga hari, dan tingkat hidrasi diukur menggunakan metode PURI (Periksa Urin Sendiri) berdasarkan warna urin. Analisis data menggunakan uji Kendall's Tau ($\alpha=0,05$)

Hasil: Penelitian menunjukkan bahwa sebagian besar responden memiliki asupan cairan yang kurang (85,7%) dan asupan cairan yang cukup (14,3%). Tingkat hidrasi pada tenaga kerja paling banyak berada dalam kategori dehidrasi (54,8%) serta sangat dehidrasi (19%), dehidrasi ringan (7%) dan terhidrasi (9,5%). Berdasarkan hasil analisis bivariat didapatkan hasil p-value 0,007, yang artinya terdapat hubungan yang signifikan antara tingkat konsumsi cairan dan tingkat hidrasi, nilai $r = 0,397$ yang artinya semakin rendah konsumsi cairan maka semakin tinggi risiko dehidrasi.

Kesimpulan: Terdapat hubungan antara tingkat konsumsi cairan dengan tingkat hidrasi pada tenaga kerja di instalasi gizi Rumah Sakit Paru Dr. Ario Wirawan Salatiga.

Kata kunci: asupan cairan, hidrasi, tenaga kerja, metode PURI

Ngudi Waluyo University
Nutrition Study Program Faculty of Health Science
Skripsi, July 2025
Maulidatul Uula Himatul Ulfa
061211009

**THE RELATIONSHIP BETWEEN THE LEVEL OF FLUID
CONSUMPTION AND THE LEVEL OF HYDRATION IN WORKERS AT
THE NUTRITION INSTALLATION OF THE DR. ARIO WIRAWAN LUNG
HOSPITAL, SALATIGA**

Email: maulidaullfa@gmail.com

ABSTRACT

Background: Good hydration conditions are very important to maintain body health. The results of previous studies obtained 41.7% of labor has severe dehydration.

Purpose: To determine whether there is a relationship between the level of fluid consumption and the level of hydration in workers at the Nutrition Installation of Dr. Ario Wirawan Lung Hospital, Salatiga.

Method: The study used an analytic observational study design with a cross-sectional approach. The research population is the workforce at Dr. Ario's lung hospital nutrition installation. The sample in this study is 42 employed by a total sampling technique. Liquid consumption data is measured by a three-day food recall method, and the hydration rate is measured by the method of puri (urine check) by urine color. Data analysis using Kendall's tau ($\alpha = 0.05$)

Result: Research shows that most respondents have less fluid intake (85.7%) and sufficient fluid intake (14.3%). The hydration rate in the labor is most in the dehydration category (54.8%) and is highly dehydrated (19%), mild dehydration (7%) and hydrated (9.5%). Based on the results of the Bivariate analysis obtained the result of p-value 0.007, which means there is a significant relationship between the level of liquid consumption and the hydration rate, the value of $r = 0.397$ which means the lower the liquid consumption the higher the risk of dehydration.

Conclusion: There is a relationship between the level of fluid consumption and the level of hydration in workers at the nutrition installation of Dr. Ario Wirawan Salatiga Hospital.

Keyword: fluid intake, hydration status, workers, PURI method