

## ABSTRAK

### ANALISIS KONSUMSI AIR MINUM PADA REMAJA PUTRI DI SMK PARIWISATA SE-KOTA BANDUNG

Ditinjau dari anjuran kecukupan minum sehari, konsumsi cairan pada remaja di Indonesia masih jauh dari anjuran 2000 ml. Khususnya pada remaja putri karena remaja putri memiliki resiko 1,60 kali untuk mengalami dehidrasi dibandingkan dengan remaja laki-laki. Dehidrasi dapat menyebabkan kejang, berhalusinasi, lidah bengkak, keseimbangan dan sirkulasi yang lemah, gagal ginjal, menurunnya volume dan tekanan darah, dan resiko lainnya. Tujuan penelitian ini untuk mengetahui jenis minuman, frekuensi, serta pemenuhan kecukupan air minum pada remaja putri di SMK Pariwisata Se-Kota Bandung. Metode penelitian yang digunakan adalah deskriptif dengan desain penelitian *Cross-sectional*. Populasi penelitian adalah siswi di SMK Pariwisata Se-Kota Bandung usia 15-18 yang telah belajar ilmu gizi. Teknik pengambilan sampel dengan cara *cluster sampling*, dengan jumlah sampel 88 remaja putri. Data dikumpulkan menggunakan teknik *Recall 2 x 24 Jam* dan *Food Frequency Questionnaire (FFQ)*. Hasil penelitian menunjukkan jenis minuman yang dikonsumsi remaja putri yaitu susu cair, air minum dalam kemasan galon, jus buah segar, minuman berkarbonat, minuman elektrolit, dan minuman serbuk yang dicairkan. Frekuensi konsumsi minuman yaitu susu cair 2.7 kali/minggu, air minum dalam kemasan gallon 22.8 kali/minggu, jus buah segar 1.0 kali/minggu, minuman berkarbonat 0.93 kali/minggu, minuman berenergi 0.03 kali/minggu, minuman elektrolit 1.0 kali/minggu, air teh 4.2 kali/minggu, bir dan arak 0.0002 kali/minggu. Tingkat kecukupan air minum termasuk kategori kelebihan. Saran bagi remaja putri sebaiknya memperhitungkan asupan konsumsi minuman sehari dari jenis minuman yang dianjurnya yaitu air minum tidak berasa.

**Kata Kunci** : Air Minum, Frekuensi, Jenis Minuman, Remaja Putri, Tingkat kecukupan.

## **ABSTRACT**

### **ANALYSIS OF DRINKING WATER INTAKE BY FEMALE TEENAGERS AT TOURISM VOCATIONAL SCHOOL IN BANDUNG**

Referring to daily water intake suggestion of 2000 ml, the intake of drinking water for teenagers are still far from it. Female teenagers have 1.6 times more risk of dehydration compared to male teenagers. Dehydration will lead to convulsions, hallucinations, swollen tongue, weak balance and circulation, kidney failure, decreased volume and blood pressure, and other risks. The aim of this research is to acquire information about the type, rate, and fulfillment of the suggested amount water. Research method is descriptive with cross-sectional design. Population of this research is female students of tourism vocational schools in Bandung. Sample is taken by cluster sampling and results in 88 female teenagers. The inclusion criteria of sample is female aged between 15-18 and have learn nutrition subject matter. Data collecting using 2 x 24 hours recall technique and Food Frequency Questionnaire. The result shows that types of drink consumed are drinking water in a gallon, milk, fresh juice, carbonated drink, electrolyte fluid, and diluted drinking powder. The rate of consumptions are as follows: 2.7 times/week for milk, 22.8 times/week for drinking water in a gallon, 1.0 time/week for fresh juice, 0.93 time/week for carbonated drink, 0.03 time/week for energy drink, 1.0 time/week for electrolyte fluid, 4.2 times/week for tea, and 0.0002 time/week for alcoholic drink. It concludes that the intake of drinking water are too high. Female teenagers are advised to reconsider the intake of mineral water without any addition.

**Keyword** : Adequacy, Drinking water, Female teenagers, Frequency, Types of drink.