

The Relation of Water Intake with Level of Knowledge Related to Water Intake in Workers of Food Production Unit, Nutrition Installation at Puspa Hospital, Jakarta

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Abstract : Inadequate of water intake has negative effects on the health of the body, which can cause kidney failure and death. One of the factors that can affect someone intake of water is level of knowledge about the importance of water intake itself. A good knowledge of the daily water intake can increase the awareness of daily needed of water intake. Therefore, researchers initiated a study on the relationship of water intake to the level of knowledge related with water intake in food workers, at "Puspa" Hospital. Type of this research is quantitative research with cross-sectional approach. The research data was collected by measuring the independent and dependent variable at a time. This study took place in the food production unit of Nutrition Installation in "Puspa" Hospital, Jakarta in October 2016. The population target in this study were workers in food production unit aged 30-64 years. The instrument was a questionnaire question regarding water intake and 24 hours food recall. The result is 78.6% of respondents have less knowledge about the importance of water intake. Meanwhile, as many as 85.7% of respondents have adequate water intake. Tested by Chi-Square test, showed that no significant relationship between water intake with the level of knowledge related to water intake in workers of food production unit. Adequate intake of water in food workers commonly may be not caused by the level of knowledge related to water intake, but it may be cause of work environment factor which has a high temperature.

Keywords : food production unit, food workers, level of knowledge, water intake

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