ABSTRACT

EZRIA EKAFADHINA ADYAS. Analysis of Water Intake and Nutritional Quality of Diet among Adult Males in Indonesia. Supervised by CLARA M. KUSHARTO and HARDINSYAH.

The objective of this research was to analyze water intake and nutritional quality of diet among adult males in Indonesia. This research was carried out through analyzing a data set of Riskesdas 2010. Data was collected in May-August 2010 by applying a cross-sectional study design. Research area consists of 441 regencies/cities of 33 provinces in Indonesia. The final data used in this research consists of 55946 samples from 62652 adult males (20-55 y) used by Riskesdas 2010. Data processing and analysis were conducted in Bogor in June-September 2011. The results showed that the mean of total water intake was 1757.5±589.9 mL/day in young adult (20-39 y) and 1797.5±586.7 mL/day in older adult (40-55 y). Percentage of water from beverages, food, and metabolism in young adult was 54.9±13.5%, 34.2±11.4%, and 10.9±3.5% respectively, while in older adult was 55.2±13.5%, 34.1±11.4%, and 10.1±3.4% respectively. The mean of total water requirement in young adult was 3369.2±417.2 mL/day and 3214.4±399.5 mL/day in older adult. The adequate level of total water intake was 52.9±19.0% and 56.8±20.0% in young and older adult, respectively (p<0.01). Half of samples (49.4%) nutritional quality of diet scores were in very low category. The mean of nutritional quality of diet score in young and older adult was 55.4±13.9 and 56.4±14.0, respectively. Water intake was associated (p<0.01) with education (r=0.019) and economic status (r=0.095). Nutritional quality of diet score was also associated (p<0.01) with education (r=0.148) and economic status (r=0.200). Independent sample t test showed that there was a significant difference of water intake and nutritional quality of diet score between samples who lived in urban and rural area.

Keywords: Adult, water intake, water requirement, water adequacy level, nutritional quality of diet