**ABSTRACT**

**ITNI LINORITA.** An Analysis of Water Intake and Nutritional Quality of Diet among Adolescents in Indonesia. Supervised by Hardinsyah and Anies Irawati.

The objective of this research was to analyze water intake and nutritional quality of diet among adolescents in Indonesia. This research was carried out through analyzing a data set of Riskesdas. Data was collected on May-August 2010 by applying a cross-sectional study design. Research area consists of 33 provinces in Indonesia with total screened sample size 39400 adolescents from 44844 adolescents aged 10-19 years. Data processing, analysis, and interpretation were conducted in Bogor on June-September 2011. The result showed that mean of total water intake at male and female adolescents was 1605±581 mL/day and 1528±542 mL/day (p<0.01), respectively. Percentage of water from beverages, food, and metabolic at male and female adolescents was 57.6%, 31.6%, 10.8% and 58.0%, 31.2%, 10.4%, respectively. Mean of estimated total water intake at male and female adolescents was 2173±792 mL/day and 2052±759 mL/day, respectively. Water requirements of male and female adolescents was 3035±727 mL/day and 2430±430 mL/day (p<0.01), respectively. Water adequacy level based on data Riskesdas for male and female adolescents was 55.6±23.6% and 64.7±25.4% (p<0.01), respectively. Water adequacy based on estimated total water intake for male and female adolescents was 75.3±32.7% and 87.0±36.0%, respectively. Nutritional quality of diet among male (68.1%) and female (65.9%) adolescents in Indonesia was very low (mean of MGP at male and female adolescents was 48.2±15.5 and 49.1±15.9, respectively). Only 1.7% of male and 1.9% of female had good nutritional quality of diet. Water intake had significant correlation with teens education (r=0.092) and economic status (r=0.145). Nutritional quality of diet also had significant correlation with teens education (r=0.052) and economic status (r=0.135). Water intake and nutritional quality of diet had significant differences between adolescents who live in rural and urban.

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