

# HEART RATE, BODY WATER, AND DEHYDRATION SYMPTOMS IN ACTIVE ADOLESCENTS DURING PANDEMIC ERA

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## ABSTRACT

*This study was conducted to find out how the body response occurred after conducting a bleep test after undergoing a pandemic period of more than one year. This research is an analytic observational study with a cross sectional approach, using purposive sampling technique, the research subjects were 43 students, 14 women and 29 men with the criteria (1) sports students who were physically active three times a week; (2) no injury or (3) illness in the last 3-7 days. The instruments used are polar heart rate monitor (measure heart rate), Omron HBF 375 Karada Scan (assess percentage of water in the body) and urine color scale (dehydration predictor). Data analysis using homogeneity test, Kormogorov-Smirnov normality test and Pearson Correlation test. Findings of this research were average student VO2Max  $35.73 \pm 5.56$  concluded as poor level category. There was no significant relationship between heart rate and body water ( $0.071 > 0.05$ ), heart rate and urine color ( $0.557 > 0.05$ ), then body water and urine colour ( $0.10 > 0.05$ ). The pandemic period is proven to make fitness levels into poor. Heart rate, body water percentage and dehydration do not have a significant relationship each other.*

Kata Kunci: heart rate, body water, dehydration, bleep test, fitness level