

Knowledge, Attitudes, and Behaviors Regarding Hydration among Sub-Elite Combat Sports Athletes

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ABSTRACT

Loss of body fluids or dehydration can reduce athletes' performance and lead to health problems such as heat illness. The purpose of this study was to determine the level of knowledge, attitudes, and behaviors regarding hydration among Indonesian sub-elite combat sports athletes. A questionnaire containing questions pertaining to knowledge, attitudes, and behaviors on hydration was distributed to the Indonesian sub-elite combat athlete during their training. Twenty-six subjects from six martial arts including Taekwondo, Wushu, Judo, Kempo, Pencak Silat, and Tarung Derajat participated on this study (mean age 21.73 ± 4.14 y.o, weight 62.12 ± 11.71 kg; height 1.67 ± 0.09 m). The mean score for knowledge, attitudes, and behaviors was 12.54 ± 2.14 , 11.62 ± 1.86 , 12.65 ± 2.26 out of a maximum of 17. No perfect score was achieved by the subjects. Majority of athletes knew that dehydration could decrease performance, and they understood that urine color monitoring could be used to determine the dehydration. Unfortunately, the majority of them still using thirst as the best indicator of dehydration. The results of this study indicate that the level of knowledge, attitudes, and behaviors of Indonesian sub-elite combat sports athletes are good. Dehydration prevention program can be developed based on questionnaire with low score answer.

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Kata Kunci: *combat sports, martial arts, dehydration, fluid intake, athletes*