

COMPARISON BETWEEN KNOWLEDGE AND BEHAVIOR ABOUT HYDRATION IN STUDENT ATHLETES IN INDONESIA

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ABSTRACT

The purpose of this study was to determine and compare the level of knowledge, attitudes, and behaviors regarding hydration among Indonesian and Australian college athletes.

The design of this research was descriptive cross-sectional study. In this study the nature of collaboration between more than one scope applies the time approach in it, so this study belongs to the cross sectional research group.

Most of the athletes who are still students (98.086%) already have insight / knowledge related to the importance of the need for fluids (hydration) both during the training process, competition and even at rest after doing sports activities. Most of the athletes who are still students do not understand enough and have good attitudes (58,987%) and behavior (99,958%) regarding the importance of fluid needs and their correlation to nutrition so that awareness of the management of fluid needs management both during training and competition tends to still less than optimal.

Kata Kunci: Comparison, Knowledge, Behavior, Hydration, Student Athletes