

FLUID INTAKE HABITS AFTER EXERCISE: EXPLORATION STUDY

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ABSTRACT

Exercise induces exhaustion and fluid loss. Proper hydration intake is required for faster recovery time efficiency. **Methods:** A survey method with a quantitative approach is used in this study. A total of 207 respondents were chosen at random to represent athletes, sports enthusiasts, and coaches. There were 51 athletes, 149 sports enthusiasts, and 7 coaches participated. The data was analyzed using quantitative descriptive exploration and Pearson correlation. Respondents are from five Yogyakarta regions/cities. **Results:** This study demonstrates fluid consumption behavior in three major types of beverages, namely water (52.7%), electrolyte drinks (21.4%), and UHT milk (10.4%). Meanwhile, the majority of sports enthusiasts, athletes, and coaches use beverages to replenish lost fluids for a variety of reasons, including simple availability, taste, and inexpensive pricing. **Conclusion:** Even when the duration of the activity is altered, the majority of sports participants, including athletes, coaches, and sports enthusiasts, do not meet the necessary fluid intake. Furthermore, comprehension of the content of the beverages drunk is still poor, therefore promotional efforts must be implemented in order to be able to adopt fluid intake habits that are in compliance with the demands of certain activity durations.

Kata Kunci: *fluid intake, after exercise, sport enthusiasts, athletes, coaches.*