

UNIVERSITI TEKNOLOGI MARA

**"DRINKING HABITS":
THE EFFECTS OF HYDRATION STATUS ON
SECONDARY SCHOOL STUDENTS DURING
SCHOOL SESSION**

By

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DECLARATION OF ORIGINAL WORK
BACHELOR OF SPORT SCIENCE AND RECREATION
UNIVERSITI TEKNOLOGI MARA

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This work has not previously been accepted in substance for any degree, locally or overseas, and is not being concurrently, submitted for this degree or any other degree.

This research project was the best result of my independent work and investigation, except, where otherwise states. I absolve Universiti Teknologi Mara (UiTM) and it is Faculty of Sport Science and Recreation from any blame because of my work.

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ABSTRACT

The major purpose of understanding the hydration status among school students is to highlight the importance of consuming proper water intake during school session and also being applied throughout their lifetime. Hydration Status is examined by the urine specific gravity (USG), urine volume, urine colour, and body weight of the student during three different periods of the school session. A total of one hundred fifty two students (N=152) were selected via stratified random sampling had participated in this study. Results had shown that the significant different value is ($p < 0.05$), where the mean and standard deviation of age (14.99 ± 1.90), height (159.66 ± 7.59), urine specific gravity (1.02 ± 0.01), urine volume (104.79 ± 77.37) and body mass (55.37 ± 24.7), while there were no significant differences in urine colour (6.07 ± 1.35) where ($p > 0.05$). If the students are having insufficient water consumption, it will hinder their learning process during school session. Therefore, the students are having moderate dehydration due to environmental condition, heat acclimatization, and drinking behaviour. It suggested by Dietitians of Canada to consume 12 cups of water or 3 liter for men and 9 cups of water or 2.2 liter for women to maintain the body in hydrated state.

Keywords – hydration status, school session, dehydration, environmental condition, heat acclimatization and drinking behaviour.

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