

**UNIVERSITI TEKNOLOGI MARA**

**THE COMPARISON BETWEEN SPORT DRINK AND ISOTONIC  
DRINK IN HYDRATION STATUS AMONG ADOLESCENT**

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## ABSTRACT

The purpose of this study was to determine the comparison between sport drink and isotonic drink in hydration status among adolescent based on parameters set which are bodyweight changes, urine pH value, and urine colour. There were thirty (N=30) adolescent student participated in this study. Bodyweight changes, urine pH and urine colour were measured before and after each test. Mean of pre-test bodyweight changes, and urine pH were ( $61.68 \text{ kg} \pm 5.537$ ), and ( $6.20 \pm 1.03$ ) respectively. Means of post-test bodyweight changes, and urine pH were ( $61.47\text{kg} \pm 5.531$ ), and ( $5.50 \pm 0.68$ ) respectively. Results from paired sample tests of bodyweight changes and urine pH data showed significant differences in between pre and post-test. To conclude, from mean data of bodyweight changes showed 2.38% of decrement in bodyweight changes, urine pH and urine colour mean data showed that adolescent student started the test with minimal dehydration based on the scale of each parameters data.

***Keywords:* Hydration status, bodyweight changes, urine pH, urine colour, adolescent.**