

## TABLE OF CONTENTS

|   |             |
|---|-------------|
| <b>ABSTRACT</b> .....                     | <b>iv</b>   |
| <b>STATEMENT OF ELIGIBILITY</b> .....     | <b>vi</b>   |
| <b>DECLARATION</b> .....                  | <b>vii</b>  |
| <b>ACKNOWLEDGMENTS</b> .....              | <b>ix</b>   |
| <b>TABLE OF CONTENTS</b> .....            | <b>xi</b>   |
| <b>LIST OF TABLES</b> .....               | <b>xiii</b> |
| <b>LIST OF FIGURES</b> .....              | <b>xiii</b> |
| <b>LIST OF APPENDIX</b> .....             | <b>xiii</b> |
| <br>                                      |             |
| <b>CHAPTER I INTRODUCTION</b> .....       | <b>1</b>    |
| 1.1 Background Study.....                 | 1           |
| 1.2 Research Question .....               | 2           |
| 1.3 Purpose.....                          | 3           |
| 1.4 Benefit.....                          | 3           |
| 1.4.1 Theoretical Benefit.....            | 3           |
| 1.4.2 Practical Benefit.....              | 3           |
| 1.5 Authenticity Research.....            | 4           |
| <br>                                      |             |
| <b>CHAPTER II LITERATURE REVIEW</b> ..... | <b>7</b>    |
| 2.1 Theoretical Review .....              | 7           |
| 2.1.1 Water .....                         | 7           |
| 2.1.2 Hydration Status.....               | 8           |
| 2.1.3 Knowledge .....                     | 11          |
| 2.2 Theoretical Framework .....           | 12          |
| 2.3 Conceptual Framework.....             | 13          |
| 2.4 Hypotesis .....                       | 13          |

|   |           |
|---|-----------|
| <b>CHAPTER III RESEARCH METHODS.....</b>  | <b>15</b> |
| 3.1 Type and Design of Research .....   | 15        |
| 3.2 Location and Time of Research .....   | 15        |
| 3.3 Population and Subject of Research .....  | 15        |
| 3.3.1 Population .....  | 15        |
| 3.3.2 Subject.....  | 15        |
| 3.4 Research Instrument .....   | 16        |
| 3.5 Research Variable.....  | 16        |
| 3.6 Operational Definition of Research .....  | 17        |
| 3.7 Collecting Data Method.....   | 17        |
| 3.7.1 Primary Data .....  | 17        |
| 3.8 Procedure .....   | 18        |
| 3.9 Statistic Analysis.....   | 18        |
| 3.10 Research Ethics.....   | 18        |
| <br>  |           |
| <b>CHAPTER IV RESULT AND DISCUSSION .....</b>   | <b>19</b> |
| 4.1 Characteristics of Research Respondents .....   | 19        |
| 4.2 Relationship Between Level of Hydration Knowledge and Total<br>Fluid Intake on Teenage Girl at Islamic Boarding School..... | 25        |
| 4.3 Contribution to Islam .....   | 27        |
| <br>  |           |
| <b>CHAPTER V CLOSING.....</b>   | <b>29</b> |
| 5.1 Conclusions.....  | 29        |
| 5.2 Recommendations.....  | 29        |
| REFERENCES .....  | 31        |
| APPENDIX.....   | 37        |

## LIST OF TABLES

|   |    |
|---|----|
| Table 1. Authenticity research.....   | 4  |
| Table 2. Nutrition adequacy rate 2013 on teenager .....                           | 10 |
| Table 3. Operational definition .....   | 17 |
| Table 4. Percentage of the age of respondents .....                               | 19 |
| Table 5. Level of hydration knowledge of respondents .....                        | 20 |
| Table 6. Respondents fulfillment of total fluid intake .....                      | 22 |
| Table 7. Percentage of a teenage girl who at risk of dehydration .....            | 24 |
| Table 8. Relationship between hydration knowledge and total<br>fluid intake ..... | 25 |

## LIST OF FIGURES

|   |    |
|---|----|
| Figure 1. Theoretical framework .....     | 12 |
| Figure 2. Conceptual framework .....      | 13 |
| Figure 3. The procedure of research ..... | 18 |

## LIST OF APPENDIX

|   |    |
|---|----|
| Appendix 1. Respondent consent sheet .....                      | 37 |
| Appendix 2. 24 hour fluid specific record chart .....           | 38 |
| Appendix 3. 24 hour food record chart.....                      | 39 |
| Appendix 4. Questioner of hydration knowledge .....             | 40 |
| Appendix 5. Table of Chi-square test.....                       | 43 |
| Appendix 6. Pictures of admission filling of questionnaire..... | 44 |
| Appendix 7. Giving a souvenir .....                             | 44 |