

## ABSTRAK

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### **HUBUNGAN STATUS GIZI DAN STATUS HIDRASI TERHADAP MEMORI JANGKA PENDEK PADA MAHASISWA FAKULTAS KEDOKTERAN UNIVERSITAS PELITA HARAPAN**

(XVII + 76 halaman: 1 gambar, 10 tabel, 3 diagram, 7 lampiran)

**Latar Belakang:** Gizi dan hidrasi merupakan komponen yang penting bagi fungsi tubuh manusia. Konsumsi gizi dan hidrasi yang tidak mencukupi kebutuhan tubuh akan mengganggu berbagai fungsi tubuh, salah satunya fungsi memori jangka pendek. Fungsi memori yang baik akan membantu aktivitas dan proses akademik mahasiswa kedokteran.

**Tujuan Penelitian:** Untuk mengetahui hubungan status gizi dan status hidrasi terhadap memori jangka pendek pada mahasiswa Fakultas Kedokteran Universitas Pelita Harapan.

**Metode Penelitian:** Penelitian dilakukan menggunakan desain studi potong lintang pada mahasiswa Fakultas Kedokteran Universitas Pelita Harapan dengan *convenience sampling* menggunakan kuesioner daring. Status gizi diukur menggunakan Indeks Massa Tubuh (IMT), status hidrasi menggunakan warna urin, dan pengukuran memori jangka pendek akan menggunakan kuesioner PRMQ (*Prospective and Restropective Memory Questionnaire*).

**Hasil Penelitian:** Didapatkan 149 responden yang memenuhi kriteria inklusi dan eksklusi, dimana 85,9% subjek memiliki fungsi memori jangka pendek yang baik. Rata-rata status gizi subjek berada dalam kategori normal dan rata-rata status hidrasi subjek mengalami dehidrasi ringan. Berdasar status gizi, rerata peringkat fungsi memori jangka pendek paling baik adalah kelompok IMT normal diikuti oleh kurus, sangat kurus, obesitas, dan gemuk ( $p\text{-value} = 0,794$ ). Berdasar status hidrasi, rerata peringkat fungsi memori jangka pendek paling baik adalah tidak dehidrasi, diikuti oleh dehidrasi sedang dan dehidrasi ringan ( $p\text{-value} = 0,945$ ).

**Kesimpulan:** Hasil penelitian menunjukkan tidak adanya hubungan yang signifikan antara status gizi dan status hidrasi terhadap fungsi memori jangka pendek secara keseluruhan.

**Kata Kunci:** Memori jangka pendek, status gizi, status hidrasi

Referensi: 60 (2001-2023)



## ABSTRACT

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### **THE RELATIONSHIP BETWEEN NUTRITIONAL STATUS AND HYDRATION STATUS WITH SHORT-TERM MEMORY OF MEDICAL STUDENTS AT PELITA HARAPAN UNIVERSITY**

(XVII + 76 pages: 1 figures, 10 tabels, 3 diagrams, 7 attachments)

**Background:** Nutrition and hydration are essential for human physiology. Insufficient intake of nutrition and hydration can disrupt various physiological functions, including short-term memory. Proper memory function is fundamental to supporting activities and academic performance of medical students.

**Objective:** To find out the relationship between nutritional status and hydration status with short-term memory of Medical Students at Pelita Harapan University.

**Method:** The research was conducted using a cross-sectional study design on Medical Students at Pelita Harapan University with *convenience sampling* through an online questionnaire. Nutritional status was measured using Body Mass Index (BMI), hydration status was assessed based on urine color, and short-term memory was evaluated using PRMQ (*Prospective and Restropective Memory Questionnaire*).

**Results:** A total of 149 respondents met the inclusion and exclusion criteria, with 85,9% subjects having good short-term memory function. The average nutritional status of the subjects fell within the normal category, while the average hydration status indicated mild dehydration. Based on nutritional status, the mean rank of short-term memory function was highest in normal BMI group, followed by underweight, severe thinness, obese, and overweight ( $p\text{-value} = 0,794$ ). Based on hydration status, the mean rank of short-term memory function was highest among those without dehydration, followed by moderate dehydration and mild dehidrasi ( $p\text{-value} = 0,945$ ).

**Conclusion:** The results of the study showed no significant relationship between nutritional status and hydration status with overall short-term memory function.

**Keywords:** Short-term memory, nutritional status, hydration status

References: 60 (2001-2023)

