

# **THE CORRELATION OF ADEQUATE FIBER AND MINERAL WATER WITH BODY WEIGHT OF STUDENT OF PEDURUNGAN KIDUL 02 ELEMENTARY SCHOOL SEMARANG**

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## **ABSTRACT**

School-aged children need to consume fiber to maintain health and prevent degenerative disease. Water is one of the important substances needed by the body. School children who consume enough water can reduce fatigue and improve learning concentration. The study aims to determine the correlation of adequate fiber and mineral water with body weight of student of Pedurungan Kidul 02 elementary school Semarang.

This research is an analytic research using survey method with cross sectional approach. The study population is all students of SDN Pedurungan Kidul 02 Kota Semarang who are 11 years old. The sample number of 46 students selected by simple random sampling. The data of fiber and water consumption was obtained by food recall method 3x24 hours. Body Weight is measured by weighing scales.

The results showed that 87% of the samples had less fiber intake. 63% of samples consume enough water. The average sample weight is  $35.74 \pm 9.85$  kg with a maximum weight of 57 kg and a minimum of 22 kg. There was significant correlation between adequate fiber with body weight ( $p = 0.000$ ). There was significant correlation between mineral water with body weight ( $p = 0.000$ ). Adequate fiber and mineral water correlate with body weight of student of Pedurungan Kidul 02 elementary school Semarang.

**Keywords : Elementary school children, Fiber, Water, Body Weight**