

Conscious sport-related water consumption

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Introduction

Studies (Cvijanović N., et al., 2015) suggest that students consume too little fluids. As a result, their overall academic achievement can deteriorate (Bíró, 2016), which can be avoided by conscious and sufficient fluid replacement. One of our aims was to establish favourable habits in students through our intervention programme, raising their awareness how important rehydration is, particularly during sports activities.

Methods

Intervention period: October 2016 - June 2019. The sample included two 9th grade secondary school classes (n=46).

Data were collected 5 times and in 3 ways during the research:

1. At agreed times, the students recorded the quantity and the type of the fluids consumed for a week.
2. At the end of the project, the sample group filled in an online questionnaire on their lifestyle habits.
3. We used body composition analyser InBody 720 to examine the students.

Whereas the control group was not supported, we encouraged the sample group to increase their fluid intake. Such supportive measures were gradually phased out.

Results

The students in the sample group did not consume sufficient amount of fluids, but they increased their fluid consumption significantly to meet the recommendations of the European Food Safety Authority by the end of the project ($p = .000$). The change resulted also in a significant increase in their total body water results ($p = .009$). 60% of the students increased their water consumption, and 34% switched to water instead of sugary drinks.

Discussion & Conclusion

Data from the follow-up survey show that our programme had a positive impact, making students more conscious of their water intake, since they maintained the fluid consumption recorded at the end of the intervention. Our research verified that it is worth paying attention to the conscious fluid intake regarding sports, substantially helping to increase students' water consumption.

References

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