

**LEMBAR**  
**HASIL PENILAIAN SEJAWAT SEBIDANG ATAU PEER REVIEW**  
**KARYA ILMIAH : PROSIDING**

Judul Artikel Ilmiah : The Effect of Rehydration with Variation Fluid Temperature on Hydration Status Among Football Athletes

Penulis Artikel Ilmiah : Tri Wahyuni, **Fillah Fithra Dieny**, Aryu Candra, A Fahmy Arif Tsani

Status Pengusul : Penulis korespondensi

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Kategori Publikasi : ☒ Seminar Internasional Terindeks (SCOPUS)  
 (beri ✓ pada kategori yang tepat) ☐ Seminar Internasional Tidak Terindeks  
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Kelengkapan Unsur dan Kualitas Penerbit	: Penerbit jurnal Atlantis Press terindeks di Web of Science.

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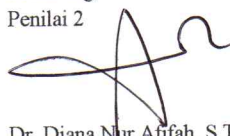
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Kecukupan & Kemutakhiran Data & Metodologi	: Penelitian quasi eksperimental dengan pemilihan sampel menggunakan metode consecutive sampling.
Kelengkapan Unsur dan Kualitas Penerbit	: Terbitan lengkap memuat vol, tahun dan daftar isi serta terindeks di Web of Science.

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## Proceedings of the 5th International Conference on Physical Education, Sport, and Health (ACPES 2019)

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PROCEEDINGS OF THE 5TH INTERNATIONAL CONFERENCE ON PHYSICAL EDUCATION, SPORT, AND HEALTH (ACPES 2019)

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### The Effect of Rehydration with Variation Fluid Temperature on Hydration Status Among Football Athletes

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temperature, fluid, hydration

Abstract

Increase body temperature during exercise especially in the hot environment can

lead to dehydration, so it was needed fluid regulation. The purpose was to know the effect of rehydration with variation fluid temperature on hydration status in among athletes. Quasi experimental study in 30 male football athletes aged 14-18 years old. Subjects were divided into 3 groups based on variations of rehydration fluid temperature, ie cold (T1) 100-160C, normal (T2) 200-260C, warm (T3) 400-480C. Subjects were given 1400 ml rehydration fluids during the exercise period. The activity that was given was the football game with 90 minutes duration. Data collected were fluid intake 24 hours before exercise, body weight and urine specific

gravity (USG) before and 60 minutes after exercise. Bivariate analysis used On way ANOVA and Kruskall Wallis Test. Subjects had minimal dehydration (73,3 before exercise based on the USG values and all subjects in all three groups were dehydrated after exercise ( $p<0.05$ ). There were significant difference of status hydration in athletes on indicator percent body weight changes and USG after intervention ( $p<0.05$ ). The most significant difference was in T1 Vs T3 group. Conclusion: Rehydration fluid with temperature of 100-160C proved to effect the percent body weight change and USG changes that was lower than the rehydration fluid with temperature of 200-260C and 400-480C.

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## ARTERY Society Moves Their Journal Artery Research to Atlantis Press

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## Atlantis Press Opens New Branch Office in Beijing, China

September 3rd, 2019

As of 1 September 2019, Atlantis Press launched a new subsidiary company based in Beijing, China. Ms. Ran Dang, former Publishing Support Manager at Elsevier and Publisher at Atlantis Press, has

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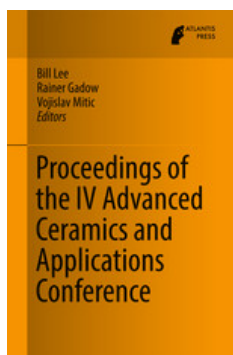
## Atlantis Press Signs Publishing Services Contract in China

July 12th, 2019

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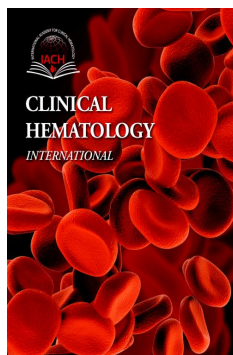
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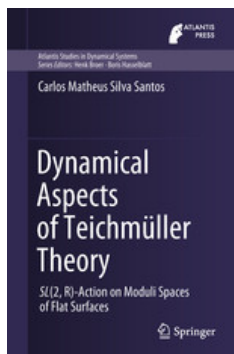
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