

ABSTRACT*Correlation of Daily Water Intake to Creatinine Test in Medical Students of Airlangga University batch 2013*

Background: *Water intake associated with body fluid balance which controlled by kidney. Kidney has a big role to control body fluids and electrolytes in human body. Man aged 19-22, in peak moment of their activity. This moment hasn't met their requirement of daily water intake that make creatinine in their body increased. Creatinine is formed from muscle mass and filtered freely in kidney. Increase of creatinine interprets that there was a failure in the function of kidney and it could be a marker of chronic kidney disease (CKD). The connection between daily water intake and value of creatinine remains uncertain. The purpose of this research aims to determine the effect of a daily water intake with creatinine changes in medical students of Airlangga University batch 2013.*

Methods: *This research used experimental study which use primary data collected from the result of creatinine urine test in 3 groups. This research is pretest-posttest control group designed. The first group is control group. Second group is the group was given addition in water intake by 600 ml. Third group was given addition by 1200 ml. The sample size in this research is 45 male students of Airlangga University batch 2013 and it divided into 3 groups at the same size. The creatinine urine measured before and after the experiment to see the change of creatinine value.*

Result: *The average creatinine of control group before experiment is 271,90 mg/dl and after experiment is 328,46 mg/dl. The average creatinine of first group before experiment is 244,72 mg/dl and after experiment is 203,51 mg/dl. The average creatinine of last group before experiment is 293,09,72 mg/dl and after experiment is 117,07 mg/dl*

Conclusion: *There is a significant relationship between the addition of mineral water and creatinine test medical students of Airlangga University batch 2013. The significant value of $p = 0.00$ ($p < 0.05$)*

Keywords: *Water Intake, Daily Water Intake, Creatinine, Creatinine Urine, Chronic Kidney Disease, Medical Students*