



The Differences In Hydration And Dehydration Status: Physiological Characteristics In Students

Ogbolu Melvin

Obuda University, Bécsi út 96b, 1034, Budapest, Hungary

As dehydration becomes chronic, it results in notable long-term effects that are disadvantageous to the physiological performance of an individual. The need for continued research and awareness on drinking behaviour is important for examining the influence of both hydration and dehydration status on physiological health. Thus, this would help fortify the human body against the lethargy associated with water deficiency when adequate water intake (AWI) is not consumed for proper hydration. The purpose of this study is to differentiate between which of the students that will be included in the investigation are hydrated/dehydrated and the physiological effects they are faced with



I completed my Master's degree in July 2019 at Obuda University where I obtained a Master of Engineering in Computer Engineering. I am 29 years and currently a first year PhD student in Obuda University, Budapest, Hungary. I specialize in the study of human physiological characteristics. In the past few months of my research, I have learnt in-depth how general habits can affect the health of an individual, how those habits can be prevented, and the knowledge required to promote health. During the course of my study, I have written and published one article; we distributed an online survey among Obuda University students and analyzed their drinking habits to know if they have the knowledge about the importance of water to health, their knowledge about EFSA total water intake per day and how they get informed about hydration. There are two articles written which are yet to be published. The basis of my research is to help study what helps to improve health and transfer this knowledge to the society at large.

The main outcome measures will be dependent on the responses retrieved from the participants. The responses retrieved from the students will help to investigate both their hydration status and dehydration status, measure the most preferred beverage consumed when thirsty, assess students who follow the recommended total water intake (TWI) policy by EFSA, volume (in litres) of other beverages consumed per day as compared to water, self-report on adherence to the recommended total water intake (TWI) by European Food Safety Agency (EFSA) and self-examined hydration status, knowledge about issues related to hydration and dehydration, urine colour to test for the level of dehydration status, and the kind of dehydration symptoms the students often experience.

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