Awareness of amount of intake of drinking water by an individual - A survey
Lasya Genji1, R. Gayatri Devi2,* A. Jothi Priya2

ABSTRACT

Introduction: Water is important for the survival of life. This survey tries to offer a few expertise of water including intake and a few factors related with intake of water, the complex mechanisms in the back of water homeostasis, the effects of variant in water intake on fitness and power consumption, weight, and human overall performance and functioning. The main aim of this study is to create awareness among the public about the intake of water per day.

Materials and Methods: The survey was administered through a questionnaire to the participants who volunteered for the study. The questionnaire consists of questions pertaining to intake of water. The questionnaire was administered through survey planet link, the results were tabulated and statically discussed. Results: This is an online survey circulated among 103 individuals who agreed for the study. This survey gives information of amount of drinking water an individual should take, and in this survey, there is even though mention of metabolizing fat only few individuals (23.3%) are aware of that. This survey also discussed about the safest water for drinking. Conclusion: This survey provides very good insight into intake of drinking water, amount of intake of water of different individuals, and importance of water.

KEY WORDS: Hydration, Recommended daily, Water, Water intake, Water measurement

INTRODUCTION

Water is important for life, a primary key to live on is to save you of dehydration.[1] The adaptations of species, which include man cannot live to tell the tale without water; people can live on most effective for days.[2] Water comprises from 75% body weight in babies to 55% in elderly and is crucial for cellular homeostasis and life.[3] Nevertheless, there are many unanswered questions about this maximum critical thing of our body and weight-reduction plan.[4] HOW much WATER do we DRINK? Your weight *0.033 = The liters of water. Water is crucial for life, and undeniable water is a calorie-unfastened alternative for hydration. Drinking extra water is a strategy to take less power and maintain low frame weight. Dehydration is related to detrimental health results which include headache, urolithiasis, and impaired cognition nine.[5] The kidneys play crucial function in retaining body fluid, consuming fluids other than water can make contributions to an intake of caloric vitamins.[6] Daily fluid consumption can be inside the form of beverages; fruit juices can also incorporate energy.[7-10] Increased undeniable water intake among adults is related to huge weight maintenance or loss.[11-15] Manufacturers are encouraged to list the nutritional contents of their product, but the fluoride concentration of the products is not available in some countries and even when appears on the bottle labels, they are not always accurate. Several studies show that most of the commercially available bottled water failed to list the fluoride content.[23] The main aim of this study is to create awareness among the public about the intake of water per day.

MATERIALS AND METHODS

The survey was administered through a questionnaire to the participants who volunteered for the study. The questionnaire consists of questions pertaining to intake of water. The questionnaire was administered through survey planet link, the results were tabulated and statically discussed. This survey consists of 10 questions; the first set of question explains about
amount of water an individual is taking, the second set of questions explains about the type of water the public is drinking to maintain their health and which kind of filtering apparatus they are using, and the third set of question explains about which water is safest for drinking that is reverse osmosis, tap water, and mineral water.

RESULTS

According to this present survey, 90% of the people drinking water regularly. Only 20% of the participants having the habit of drinking water more than 3L per day. 50% of the participants using filter for drinking water. Aqua fine is used by most of the people for drinking water.

DISCUSSION

This survey has pointed out a number of issues related to water intake, as undoubtedly the most important nutrient and the only one which absence will be lethal within days, understanding of water measurement, and requirements are very important. The effects of water on daily performance and short- and long-term health are quite clear. There are few negative this is questionnaire-based survey which consisted of 103 individuals who volunteered for the survey. Work has been done to measure total fluid intake systematically, and there is no understanding of measurement of intake of water for a particular individual when a survey was done, and there are different water drinking habits among different individuals (of 103 individuals, 86.4% of them have a habit of drinking water daily and remaining 13.6% [Graph 1] answered “no” which is a controversy). The most definitive US and European documents on total water requirements as based on these extant intake data\(^{(3,16)}\) while coming to the amount of water a person drink daily the survey have results of 47.5%, 32%, 14.5%, and 5.8% had 1 L, 2 L, >3 L, and 0.5 L [Graph 2], respectively, according to the data, an individual’s thirst provides a better guide for how much water they require rather than a specific, fixed quantity\(^{(17)}\). The quality of water also plays an important role in the survey when conducted this showed that 42.7% of people will buy water for drinking purpose and 37.86% and

Graph 1: Water drinking habits in participants

Graph 2: Amount of water person drink daily

Graph 3: Different techniques used by individuals for filtering drinking water

Graph 4: Safest water used for drinking by an individual

Graph 5: Most commonly used filtering methods by the participants
remaining percentage of people do not buy water to drink.\cite{17} Improving drinking water quality, it seems that 46.6% of people are equally using filters and neutralization methods [Graph 3].\cite{18} Moreover, very few are replacing pipelines with plastic ones and installed filters. However, distilled water does not fit for drinking purpose and 54% of people in the survey are not using. In this survey, there is even though mention of metabolizing fat only few individuals (23.3%) are aware of that, and it is a contradiction for the study on earth, there is only 2.5% of water used for drinking, in the survey 67% answered.\cite{19} This survey also discussed about the safest water for drinking where it has contradiction of 50% [Graph 4].\cite{20,21} In the survey excess of drinking water causes harm and 52% are aware of this. Controversy exists about current knowledge of hydration status.\cite{22} In the end, this survey has attempted to provide some sense of the importance of water to our health, its role in relation to the rapid increases of obesity and other related diseases, and our gaps in understanding measurement and requirements. In this, the participants of 52% are using reverse osmosis water [Graph 5].

CONCLUSION

This survey provides very good insight into intake of drinking water, amount of intake of water of different individuals, and importance of water.

REFERENCES


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