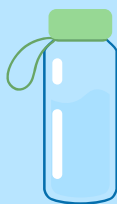


ARE YOU DRINKING ENOUGH WATER?



HYPOTHESIS

We think the average teenager is drinking about 1L of water a day, meaning most teens aren't drinking enough fluids, leaving them dehydrated.

INTERPRETATION

111 female students were surveyed about their daily water consumption. The data shows that most students drink 0.5 - 1.5 litres of water daily, which indicates to us many students are not consuming recommended hydration levels. Our bar graph illustrates the varying amounts of water consumed, while the pie chart shows the different symptoms students experienced throughout the day that were directly related to the effects of dehydration. External factors like weather, access to water, and cultural practices such as fasting during Ramadan could affect these results. This suggests that many teenage students are not drinking enough water, which may impact their focus and well-being.

FURTHER RESEARCH

Some ideas for further research could be to have people properly monitor their water intake throughout the day and record when they drink water for even more accurate data interpretation. Additionally, we could survey a larger population of students to gain accurate data to a greater extent.

INTRODUCTION

Year 8 students are not drinking a healthy amount of water, and are not able to focus in class and stay. Water is very important for young people as it supports physical growth and development, regulates body temperature, boosts energy levels and not drinking enough fluids can lead to serious health issues.

AIM

Our aim is to help Year 8 students who are not drinking a healthy amount of water which is impacting their overall focus. Our target demographic are 13-16 year old's year old students, as they not be aware of the importance of staying hydrated or they may prefer other unhealthy drinks over water.

METHOD

For our data collection, we created a survey on Google Forms targeting Year 8 students. The survey asked two key questions: 'How many litres of water do you drink in total on an average school day?' (numerical) and 'What side effects of dehydration do you experience?' (categorical). We received 111 responses to the survey. The responses to the numerical question were represented in a column graph, while the answers to the main categorical question were displayed in a pie chart for clearer visualisation of the data.

LIMITATIONS

With only 111 participants, this data is not be representative of the whole school population, leading to bias. External factors like weather, and health conditions, which influence water consumption, are not considered in our survey. Cultural and religious influences, such as fasting during Ramadan, can temporarily alter habits. Finally, it is hard to ensure accuracy when asking how much water is consumed by students via a google form. These factors can limit the reliability of the findings.

CONCLUSION

We surveyed 111 high school students to assess their daily water consumption. From our survey, we found that high school students drink varying amounts of water daily, ranging from 0.5 to 3 litres. The average daily intake is 1-1.5 litres, while the modal range is 0.5 to 1 litre. As the required amount of water for females is 2 litres a day, these results show that a fraction of teenagers at our school are not drinking enough water and we should promote regular hydration throughout the day in order to meet the recommended intake.

PIE CHART ANALYSIS

We chose to represent the responses to our categorical question in a pie chart, as it let us see the different symptoms of dehydration experienced by the 111 high school students surveyed in proportion to each option and as a percentage. Through this chart, we were able to clearly define the mode (the most common symptom), which was thirst.

BAR GRAPH ANALYSIS

Here, we represent the data from our numerical question "How much water do you consume in a day" in a bar graph. This bar graph clearly indicates the range, modal class, median and mean, which you can see below.

Range = 3L

Modal Class = 0.5 - 1L

Median = 0.5 - 1L

Mean = 1 - 1.5L

Symptoms of dehydration experienced by Year 8 students.

