ABSTRAK
HUBUNGAN POLA MAKAN DENGAN KADAR ASAM URAT
PADA USIA DEWASA TUA DI POS PEMBINAAN TERPADU
(POSBINDU) DESA GILIS KECAMATAN TANGEN

Kukuh Indra Kusuma[1], Widiyono[2], Vitri Dyah Herawati[3]

Latar Belakang: Pola makan yang tidak sehat dapat mengakibatkan seseorang mudah terkena penyakit asam urat. Asam urat di sebabkan karena gangguan dalam pembentukan enzim urikinase. Banyaknya makanan tinggi purin yang dikonsumsi akan semakin memperbesar risiko terkena asam urat.

Tujuan Penelitian: Untuk mengetahui hubungan pola makan dengan kadar asam urat di Posbindu Desa Gilis Kecamatan Tangen.

Metode Penelitian: Menggunakan penelitian kuantitatif dan desain penelitian deskriptif korelasional, Pendekatan yang dipakai adalah *cross sectional*. Subjek penelitian ini adalah anggota posbindu yang berjumlah 38 orang. Teknik yang digunakan dalam penelitian ini adalah *total sampling*. Pengumpulan data menggunakan kuesioner dan cek asam urat dengan alat GCU.Teknik analisis data menggunakan uji *Kendall's tau-b*

Hasil Penelitian: Menunjukan bahwa Pola makan pada anggota usia dewasa tua di Posbindu mayoritas termasuk baik sebanyak 25 responden (65,8%). Kadar asam urat pada anggota usia dewasa tua di Posbindu mayoritas termasuk normal sebanyak 33 responden (86,8%). Hasil analisis bivariat hubungan antara variabel pola makan dengan variabel kadar asam urat dengan sampel sebanyak 38 orang dengan menggunakan analisa korelasi *kendall tau* diperoleh nilai r sebesar 0,643 dengan nilai signifikansi nilai (*p value*) 0,000 > 0,05.

Simpilan: Ada hubungan pola makan dengan kadar asam urat pada usia dewasa tua di posbindu desa gilis kecamatan tangen

Kata kunci: Pola Makan, Asam Urat, Usia Dewasa

[1]Mahasiswa Progam Studi Keperawatan Universitas Sahid Surakarta
[2,3] Dosen Program Studi Keperawatan Universitas Sahid Surakarata

ABSTRACT
THE CORRELATION OF EATING PATTERNS WITH URIC ACID LEVELS AT OLD IN POS PEMBINAAN TERPADU (POSBINDU) AT GILIS VILLAGEOF TANGEN DISTRICT

Kukuh Indra Kusuma1, Widiyono2, Vitri Dyah Herawati3

Background: An unhealthy diet can make a person susceptible to gout. Uric acid is caused by the impaired formation of the enzyme urikinase. The number of high-purine foods will increase the risk of developing gout.

Objectives: To determine the correlation between diet and uric acid levels in Posbindu at Gilis Village of Tangen District.

Method: This research is quantitative with a descriptive correlational design. The approach used cross sectional. The subjects of this study were posbindu members with 38 people. The technique used in this research is total sampling. Data collection used a questionnaire and checking uric acid with the GCU tool. The data analysis technique used Kendall's tau-b test

Results: This study's results indicate that the older members' eating patterns in Posbindu are mostly good, with 25 respondents (65.8%). The majority of uric acid levels in older Posbindu were normal for as many as 33 respondents (86.8%). The results of the bivariate analysis of the correlation between dietary variables and uric acid levels with a sample of 38 people using Kendall tau correlation analysis obtained an r value of 0.643 with a significance value (p value) of $0.000 > 0.05$.

Conclusion: There is a correlation between diet and uric acid levels in older in Posbindu at Gilis Village of Tangen District.

Keywords: Diet, Uric Acid, Old

[1]Students of Nursing department of Sahid Surakarta University
[2,3] Lecturer of Nursing department of Sahid Surakarta University

PUSAT PELAYANAN DAN
PENGEMBANGAN BAHASA