

Universitas Ngudi Waluyo
Program Studi S1 Keperawatanpma
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**Pengaruh Perasan Air Jeruk Nipis Terhadap Kadar Asam Urat Di Desa Sokokulon
Kecamatan Margorejo Kabupaten Pati**
XV + 76 halaman + 2 gambar + 8 tabel + 22 lampiran

ABSTRAK

Latar Belakang : Kadar asam urat yang melampaui batas normal memicu penumpukan asam urat pada persendian dan organ tubuh lainnya yang akan menimbulkan gejala nyeri. Kandungan asam sitrat dan vitamin C yang tinggi di dalam jeruk nipis akan meningkatkan ekresi purin melalui urin.

Tujuan : Mengetahui pengaruh pemberian perasan air jeruk nipis terhadap kadar asam urat di Desa Sokokulon Kecamatan Margorejo Kabupaten Pati.

Metode : Metode penelitian ini menggunakan *quasy eksperimen* dengan rancangan *nonequivalent pre-test post-test control group design*. Teknik sampling menggunakan *purposive sampling*. Jumlah 32 orang yang dibagi menjadi 2 kelompok kontrol 16 orang dan kelompok intervensi 16 orang. Alat ukur kadar asam urat yang digunakan *GCU* merk Sinocare. Analisa data menggunakan Independen t test.

Hasil : Tidak ada perbedaan kadar asam urat sebelum dan sesudah penelitian pada penderita asam urat kelompok kontrol dengan hasil *p value* sebesar 0,188. Ada perbedaan kadar asam urat sebelum dan sesudah diberikan perasan air jeruk nipis pada kelompok intervensi. Ada pengaruh pemberian perasan air jeruk nipis terhadap kadar asam urat dengan hasil didapatkan *p value* sebesar 0,000.

Saran : Bagi penderita asam urat diharapkan dapat menggunakan perasan air jeruk nipis sebagai salah satu alternatif pengobatan asam urat.

Kata Kunci : Kadar asam urat, perasan air jeruk nipis

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The Effect of Lime Juice on Uric Acid Levels in Sokokulon Village, Margorejo District, Pati Regency
XV + 76 pages + 2 pictures + 8 tabels + 22 attachments

ABSTRACT

Background: Uric acid levels that exceed normal limits trigger the buildup of uric acid in joints and other organs which will cause pain symptoms. The high content of citric acid and vitamin C in lime will increase purine excretion through urine.

Objective: To determine the effect of lime juice on uric acid levels in Sokokulon Village, Margorejo District, Pati Regency.

Methods: This research method uses a quasi-experimental design with a nonequivalent pre-test post-test control group design. The sampling technique uses purposive sampling. The number of samples was 32 people who were divided into 2 control groupd, 26 people and 16 people in the intervention group. The measuring instrument for uric acid levels used by GCU is the Sinocare brand. Data analysis using independent t test.

Results: There was no difference in uric acid levels before and after the study in gout patients in the control group with a *p value* 0.188. There were differences in uric acid levels before and after being given lime juice in the intervention group. There is an effect of giving lime juice on uric acid levels with the results obtained *p value* 0.000.

Suggestion: For gout sufferers are expected to use lime juice as an alternative treatment for gout.

Keywords: Uric acid levels, lime juice