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HUBUNGAN POLA MAKAN DENGAN TERKONTROLNYA KADAR ASAM URAT PADA LANSIA DI PUSKESMAS GUDANG ARANG KABUPATEN MERAUKE

ABSTRAK

Latar Belakang: Penyakit asam urat merupakan penyakit yang diakibatkan karena penimbunan kristal monosodium didalam tubuh.Penimbunan kristal monosodium jika berlebih dapat mengakibatkan timbulnya asam urat.Salah satu penyebab terjadinya asam urat adalah pola makan.Penelitian ini bertujuan mengetahui hubungan pola makan dengan terkontrolnya kadar asam urat pada lansia di Puskesmas Gudang Arang Kabupaten Merauke.

Metode: Jenis penelitian yang digunakan adalah model penelitian deskriptif observasional dengan pendekatan *cross-sectional*.sampel peneltian sebanyak 60 responden dengan menggunakan *purposive sampling*.Penelitian ini menggunakan alat ukur kuisioner.

Hasil: Pola makan kategori baik berjumlah 50 responden(83,3%) dan pola makan kurang baik berjumlah 10 responden(16,7%). Kadar asam urat dengan kategori tinggi sebanyak 11 responden(18,3%) dan kadar asam urat normal sebanyak 49 responden(81,7).

Simpulan: Ada hubungan pola makan dengan terkontrolnya kadar asam urat pada lansia di Puskesmas Gudang Arang Kabupaten Merauke

Kata kunci:Pola makan,Kadar asam urat,Lansia

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THE RELATIONSHIP BETWEEN DIET AND CONTROLLED URIC ACID LEVELS IN THE ELDERLY AT THE WAREHOUSE ARANG HEALTH CENTER, MERAUKE REGENCY

ABSTRACT

Background: Uric acid disease is a disease caused by the accumulation of monosodium crystals in the body. The accumulation of monosodium crystals in excess can lead to the onset of gout. One of the causes of gout is diet. This study aims to determine the relationship between diet and controlled uric acid levels in the elderly at Gudang Arang Health Center, Merauke Regency.

Methods: The type of research used is a descriptive observational research model with a cross-sectional approach. the research sample was 60 respondents using purposive sampling. This study used a questionnaire measuring instrument.

Results: The good category diet amounted to 50 respondents (83.3%) and the poor diet amounted to 10 respondents (16.7%). Uric acid levels in the high category were 11 respondents (18.3%) and normal uric acid levels were 49 respondents (81.7).

Conclusion: There is a relationship between diet and controlled uric acid levels in the elderly at Gudang Arang Health Center, Merauke Regency.

Key words: Diet, uric acid levels, elderly