

POLITEKNIK KESEHATAN TANJUNGPUR
JURUSAN GIZI
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Cantika Suryaningtias

Asupan Bahan Makanan Sumber Purin, Status Gizi dan Kadar Asam Urat pada Lansia

xiii + 51 halaman, 6 tabel, 1 gambar dan 9 lampiran

ABSTRAK

Asam urat merupakan produk akhir dari metabolisme purin. Sekitar 80-85% asam urat diproduksi sendiri oleh tubuh, sedangkan sisanya berasal dari makanan. Kadar asam urat normal wanita dewasa 2,4-5,7 mg/dL, pria dewasa 3,4-7,0 mg/dL dan anak-anak 2,8-4,0 mg/dL. Asam urat umumnya menyerang daerah sendi dan jaringan sekitar sendi bahkan hingga terjadi di ginjal, saluran kencing, jantung, telinga, dan kelopak mata. Kadar asam urat yang tinggi dapat disebabkan oleh konsumsi makanan dengan kandungan purin yang tinggi dan status gizi berlebih dapat menyebabkan peningkatan insidensi dari gout. Tujuan dari penelitian ini adalah untuk mengetahui asupan bahan makanan sumber purin, status gizi dan kadar asam urat pada lansia.

Rancangan penelitian yang digunakan pada penelitian ini adalah studi kepustakaan (*Library Research*). Subjek penelitian yaitu responden lanjut usia. Sumber data yang menjadi bahan penelitian berupa buku, jurnal dan situs internet yang terkait topik berjumlah tujuh sumber. Data yang telah diperoleh kemudian dianalisis menggunakan metode analisis isi (*Content Analysis*).

Hasil penelitian pada variabel asupan purin dari keempat sumber data menunjukkan nilai *p-value* antara lain $p = 0,038$, $p = 0,001$, $p = 0,001$, $p = 0,009$, $p = 0,014$ dan $p = 0,0001$ yang berarti nilai $p < \alpha = 0,05$, sedangkan variabel status gizi dari kelima sumber data diperoleh nilai *p-value* antara lain $p = 0,000$, $p = 0,268$, $p = 0,007$, $p = 0,048$ dan $p = 0,002$. Namun, terdapat satu hasil penelitian yang menunjukkan nilai $p = 0,248 > \alpha = 0,05$, yang berarti tidak ada hubungan antara status gizi dengan kadar asam urat pada lansia.

Dapat disimpulkan bahwa dari ke sembilan sumber jurnal ada hubungan antara asupan bahan makanan sumber purin dan status gizi dengan kadar asam urat pada lansia. Disarankan sebaiknya kategori pada variabel asupan purin yang akan diteliti disesuaikan dengan literatur dan pada beberapa penelitian variabel status gizi sebaiknya ambang batas pada kategori status gizi (IMT) lebih spesifik.

Kata Kunci : Asupan Bahan Makanan Sumber Purin, Status Gizi, Kadar Asam Urat, Lansia

Daftar Bacaan : 55 (2010-2020)

**TANJUNGPURAN HEALTH POLYTECHNIC
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Cantika Suryaningtias

Intake of Purine Sources of Food, Nutritional Status and Uric Acid Levels in the Elderly

xiii + 51 pages, 6 tables, 1 figure and 9 attachments

ABSTRACT

Uric acid is the end product of purine metabolism. About 80-85% of uric acid is produced by the body, while the rest comes from food. Normal uric acid levels in adult women are 2.4-5.7 mg / dL, adult men are 3.4-7.0 mg / dL and children are 2.8-4.0 mg / dL. Uric acid generally attacks the joints and tissues around the joints and even occurs in the kidneys, urinary tract, heart, ears and eyelids. High uric acid levels can be caused by consumption of foods with high purine content and excess nutritional status can cause an increased incidence of gout. The purpose of this study was to determine the intake of purine sources, nutritional status and uric acid levels in the elderly.

The research design used in this research is library research. The research subjects were elderly respondents. There are seven sources of data that are used as research material in the form of books, journals and internet sites related to the topic. The data that has been obtained are then analyzed using the content analysis method.

The results of the study on the purine intake variable from the four data sources showed p-values, among others, $p = 0,038$, $p = 0,001$, $p = 0,001$, $p = 0,009$, $p = 0,014$ and $p = 0,0001$ which means the value of $p < \alpha = 0.05$, while the nutritional status variables from the five sources The data obtained p-value, among others, $p = 0.000$, $p = 0.268$, $p = 0.007$, $p = 0.048$ and $p = 0.002$. However, there is one research result that shows the value of $p = 0.248 > \alpha = 0.05$, which means there is no relationship between nutritional status and uric acid levels in the elderly.

Can be concluded that there is from the nine journal sources any relationship between intake of purine source foods and nutritional status with uric acid levels in the elderly. It is suggested that the category of the purine intake variable to be studied is adjusted to the literature and in some studies the nutritional status variable should be a more specific threshold for the category of nutritional status (BMI).

Keywords : Intake of Purine Sources of Food, Nutritional Status, Levels of Uric Acid, Elderly

Reading List : 55 (2010-2020)