

POLITEKNIK KESEHATAN TANJUNGPUR
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Gambaran Asupan Purin, Aktivitas Fisik, Status Gizi dan Kadar Asam Urat Pada Penderita Gout di Wilayah Kerja Puskesmas Kebun Tebu, Lampung Barat
x + 44 halaman + 2 gambar + 8 lampiran

ABSTRAK

WHO memperkirakan sekitar 355.000.000 orang akan mengidap penyakit *Gout* (Apriana 2018). Angka kejadian gout juga tergolong tinggi di Indonesia. WHO mengungkapkan prevalensi pengidap gout arthrititis di Indonesia mencapai 81% sehingga Indonesia masuk dalam urutan tertinggi dengan penderita *Gout* di Asia Tenggara. Penelitian ini bertujuan untuk mengetahui gambaran asupan purin, aktivitas fisik, dan kadar asam urat pada penderita gout di Wilayah Kerja Puskesmas Kebun Tebu, Lampung Barat.

Jenis Penelitian adalah penelitian deskriptif observasional. Sampel dalam penelitian ini adalah seluruh pasien *gout* sebanyak 39 responden yang datang dan berobat ke Puskesmas Kebun Tebu, Lampung Barat, sebanyak orang. Penelitian dilakukan pada bulan April tahun 2023, data yang diperoleh dari form semi *Food Frequency Questionnaire* dan *form recall*, Pengukuran Status Gizi, kuesioner aktivitas fisik, formulir kadar asam urat darah. Analisis data yang digunakan adalah analisis univariat untuk menjelaskan karakteristik setiap variabel dan memperoleh gambaran variasi seluruh variabel yang diteliti.

Hasil dari penelitian pada 39 responden menunjukkan asupan purin pada responden sebesar 100,0%, dan hasil dari penelitian aktivitas fisik yang dilakukan responden yaitu aktivitas fisik sedang sebesar 51,3%, status gizi responden normal 43,6%, dan disusul dengan Preobesitas sebesar 38,5%, hampir seluruh responden mengalami peningkatan kadar asam urat dengan jumlah, serta sebagian kecil responden dengan jumlah 11 orang memiliki kadar asam urat normal.

Kesimpulan berdasarkan data penelitian yaitu hampir seluruh penderita asam urat yang melakukan pemeriksaan kadar asam urat di Puskesmas Kebun Tebu Kabupaten Lampung Barat mengalami peningkatan kadar asam urat. Saran mengurangi konsumsi asupan tinggi purin yaitu makanan kacang-kacangan dengan batas 25 grm/hari serta olahan kacang seperti tempe dan tahu minimal mengkonsumsi 50 grm/hari, membatasi sayuran hijau seperti bayam, kangkung, daun singkong minimal 100 grm/hari, menghindari jeroan ayam, serta hewan berkaki empat, menghindari konsumsi atau minuman bersoda seperti soft drink yang beredar di pasaran, serta melakukan pola hidup sehat, olahraga secara teratur untuk mencegah kaku sendi.

Kata kunci : asam urat, asupan sumber purin, status gizi

**HEALTH POLYTECHNIC OF TANJUNGPUR
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Description of Purine Intake, Physical Activity, Nutritional Status and Levels of Uric Acid in Gout Sufferers in the Working Area of Sugar Cane Health Center, West Lampung.

ABSTRACT

WHO estimates that around 355,000,000 people will suffer from Gout (Apriana et al., 2018). The incidence of gout arthritis is also relatively high in Indonesia. WHO revealed that the prevalence of people with gout arthritis in Indonesia reached 81% so that Indonesia was in the highest order with sufferers of gout arthritis in Asia. Southeast. This study aims to determine the description of purine intake, physical activity, and uric acid levels in Gout Arthritis Sufferers in the Working Area of the Sugar Cane Health Center, West Lampung.

This type of research is descriptive observational research. The sample in this study were all gout patients, 39 respondents who came and received treatment at the Sugar Cane Health Center, West Lampung, as many people. The research was conducted in April 2023. Nutritional status, activity questionnaire form blood uric acid levels. The data analysis used was univariate analysis to explain the characteristics of each variable and obtain an overview of the variations in all the variables studied.

The results of the study on 39 respondents showed that the nutritional status of the respondents was normal 43.6% and followed by pre-obesity of 38.5% and the result of purine intake in the respondents was 100.0%. and the results of the physical activity research conducted by the respondents, namely moderate physical activity by 51.3% , almost all respondents experienced an increase in uric acid levels with a total of 71.8% and a small number of respondents with a had normal uric acid levels.

The conclusion based on research data is that almost all gout sufferers who check uric acid levels at the Sugarcane Garden Health Center in West Lampung Regency experience increased uric acid levels. Suggestions are to reduce the consumption of high purine intake, namely legumes with a limit of 25 grams/day and processed nuts such as tempeh and tofu, consuming at least 50 grams/day, limiting green vegetables such as spinach, kale, cassava leaves to a minimum of 100 grams/day, avoiding chicken offal, as well as four-legged animals, avoiding consumption or carbonated drinks such as soft drinks on the market, and adopting a healthy lifestyle. exercise regularly to prevent joint stiffness.

Keywords: uric acid, intake of purine sources, nutritional status