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Pengaruh Konsumsi Makanan Laut Tinggi Purin terhadap Kadar Asam Urat pada Masyarakat Pesisir Desa Muara Gading Mas Lampung Timur

xv + 26 halaman, 9 tabel, 5 gambar, dan 13 lampiran

ABSTRAK

Asam urat merupakan hasil akhir metabolisme purin. Asam urat yang berlebih dalam tubuh dapat menyebabkan hiperurisemia dan memicu gout arthritis. Makanan laut merupakan sumber purin tinggi yang bila dikonsumsi berlebihan dapat meningkatkan kadar asam urat. Penelitian ini bertujuan mengetahui pengaruh konsumsi makanan laut tinggi purin terhadap kadar asam urat pada masyarakat pesisir Desa Muara Gading Mas Lampung Timur. Penelitian bersifat analitik dengan rancangan cross sectional. Variabel bebas pada penelitian ini adalah makanan laut tinggi purin dan variabel terikat adalah kadar asam urat. Data diperoleh melalui kuesioner *Food Frequency Questionnaire (FFQ)* dan pemeriksaan kadar asam urat menggunakan fotometer. Penelitian dilaksanakan pada Mei 2025 di RT 14 dan 15 dengan populasi sebanyak 161 orang dan didapatkan 38 responden yang dipilih secara *purposive sampling*. Jenis yang terbanyak dikonsumsi yaitu ikan (100%), cumi-cumi (44,7%), dan udang (34,2%). Responden terdiri dari 22 laki-laki (57,9%) dan 16 perempuan (42,1%). Rata-rata kadar asam urat 6,058 mg/dL (3,2–10,3 mg/dL). Hasil uji *One Way ANOVA* menunjukkan pengaruh signifikan konsumsi makanan laut terhadap kadar asam urat ($p=0,00$). dengan perbedaan signifikan antar beberapa kelompok konsumsi ($p=0,004$; $p=0,000$; $p=0,007$). Uji Pearson menunjukkan hubungan kuat dan signifikan ($r=0,662$; $p=0,000$), artinya semakin tinggi konsumsi makanan laut, semakin tinggi kadar asam urat.

Kata Kunci : Asam Urat, Makanan Laut, Purin, Hiperurisemia
Daftar Bacaan : 24 (2006-2024)

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The Effect of High Purine Seafood Consumption on Uric Acid Levels in Coastal Communities in Muara Gading Mas Village, East Lampung

xv + 26 pages, 9 tables, 5 figures, and 13 attachments

ABSTRACT

Uric acid is the end result of purine metabolism. Excess uric acid in the body can cause hyperuricemia and trigger gouty arthritis. Seafood is a source of high purines which, if consumed excessively, can increase uric acid levels. This study aims to determine the effect of high-purine seafood consumption on uric acid levels in coastal communities in Muara Gading Mas Village, East Lampung. The study was analytical with a cross-sectional design. The independent variable in this study was high-purine seafood and the dependent variable was uric acid levels. Data were obtained through the Food Frequency Questionnaire (FFQ) questionnaire and uric acid level examination using a photometer. The study was conducted in May 2025 in RT 14 and 15 with a population of 161 people and 38 respondents were selected by purposive sampling. The most consumed types were fish (100%), squid (44.7%), and shrimp (34.2%). Respondents consisted of 22 men (57.9%) and 16 women (42.1%). The average uric acid level was 6.058 mg/dL (3.2–10.3 mg/dL). The results of the One Way ANOVA test showed a significant effect of seafood consumption on uric acid levels ($p=0.00$). with significant differences between several consumption groups ($p=0.004$; $p=0.000$; $p=0.007$). The Pearson test showed a strong and significant relationship ($r=0.662$; $p=0.000$), meaning that the higher the seafood consumption, the higher the uric acid levels.

Keywords: Uric Acid, Seafood, Purine, Hyperuricemia
Reading List: 24 (2006-2024)