

POLTEKKES KEMENKES TANJUNGPUR
JURUSAN TEKNOLOGI LABORATORIUM MEDIS
PROGRAM STUDI TEKNOLOGI LABORATORIUM MEDIS
PROGRAM SARJANA TERAPAN
Skripsi, Juni 2025

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**HUBUNGAN KADAR ASAM URAT DENGAN DERAJAT HIPERTENSI
PADA PESERTA POS PELAYANAN TERPADU LANJUT USIA
(POSYANDU LANSIA) DI WILAYAH KERJA PUSKESMAS DAYAMURNI**

xv + 32 halaman, 10 tabel, 2 gambar, 13 lampiran

ABSTRAK

Peningkatan kadar asam urat merupakan gangguan yang terjadi akibat meningkatnya produksi asam urat, penurunan ekskresi, atau kombinasi keduanya. Peningkatan kadar asam urat dapat dipengaruhi oleh gangguan sindrom metabolik, diabetes melitus, penyakit kardiovaskular, aterosklerosis, obesitas, penyakit ginjal kronis dan hipertensi. Mekanisme penyebab peningkatan kadar asam urat menjadi hipertensi meliputi aktivasi sistem renin-angiotensin, stres oksidatif, peradangan endotel, aktivasi endotelin-1, dan reduksi nitrogen oksida. Tujuan penelitian ini untuk mengetahui hubungan kadar asam urat dengan derajat hipertensi pada peserta posyandu lansia di wilayah kerja Puskesmas Dayamurni. Penelitian ini dilaksanakan pada bulan Februari sampai Mei 2025. Responden berjumlah 55 lansia yaitu 5 laki-laki (9,1%) dan 50 perempuan (90,9%). Hasil didapatkan kadar rata-rata asam urat 6,5 mg/dL dengan kadar terendah 4,0 mg/dL dan kadar tertinggi 9,6 mg/dL. Hasil derajat hipertensi tekanan darah optimal 9 orang (16,4%), normal 8 orang (14,5%), prehipertensi 6 orang (10,9%), hipertensi derajat 1 15 orang (27,3%), hipertensi derajat 2 12 orang (21,8%), dan hipertensi derajat 3 5 orang (9,1%). Uji *Rank Spearman* didapatkan nilai 0,024 ($p \leq 0,05$) menunjukkan bahwa ada hubungan signifikan antara kadar asam urat dengan derajat hipertensi pada peserta posyandu lansia di wilayah kerja Puskesmas Dayamurni dan nilai koefisien korelasi r yaitu 0,304 yang artinya memiliki hubungan sedang.

Kata Kunci: Kadar Asam Urat, Derajat Hipertensi, Lansia.
Daftar Bacaan: 18 (2016-2024)

**TANJUNGKARANG MINISTRY OF POLYTECHNIC
DEPARTEMENT OF MEDICAL LABORATORY TECHNOLOGY
MEDICAL LABORATORY TECHNOLOGY STUDY PROGRAM
APPLIED GRADUATE PROGRAM**

Undergraduate Thesis, June 2025

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**RELATIONSHIP BETWEEN URIC ACID LEVELS AND HYPERTENSION
DEGREES IN PARTICIPANTS OF INTEGRATED SERVICE POSTS FOR
THE ELDERLY (POSYANDU LANSIA) IN THE WORK AREA OF
DAYAMURNI COMMUNITY HEALTH CENTER**

xv+32 pages, 10 tables, 2 images, 13 attachments

ABSTRACT

Increased uric acid levels are disorders that occur due to increased uric acid production, decreased excretion, or a combination of both. Increased uric acid levels can be influenced by metabolic syndrome disorders, diabetes mellitus, cardiovascular disease, atherosclerosis, obesity, chronic kidney disease and hypertension. The mechanisms causing increased uric acid levels to hypertension include activation of the renin-angiotensin system, oxidative stress, endothelial inflammation, endothelin-1 activation, and reduction of nitrogen oxide. The purpose of this study was to determine the relationship between uric acid levels and the degree of hypertension in elderly posyandu participants in the Dayamurni Health Center work area. This study was conducted from February to May 2025. Respondents numbered 55 elderly people, namely 5 men (9.1%) and 50 women (90.9%). The results showed an average uric acid level of 6.5 mg/dL with the lowest level of 4.0 mg/dL and the highest level of 9.6 mg/dL. The results of the optimal blood pressure hypertension degree were 9 people (16.4%), normal 8 people (14.5%), prehypertension 6 people (10.9%), grade 1 hypertension 15 people (27.3%), grade 2 hypertension 12 people (21.8%), and grade 3 hypertension 5 people (9.1%). The Spearman Rank test obtained a value of 0.024 ($p \leq 0.05$) indicating that there is a significant relationship between uric acid levels and the degree of hypertension in elderly posyandu participants in the Dayamurni Health Center work area and the correlation coefficient value r is 0.304 which means it has a moderate relationship.

Keywords: Uric Acid Level, Hypertension Degree, Elderly.

Reference: 18 (2016-2024)