

## ABSTRAK

**SEPTINA DAMAYANTI, 2024, HUBUNGAN ASUPAN MAKANAN TERHADAP KADAR ASAM URAT DI POSBINDU KELURAHAN BAKI PANDEYAN, KARYA TULIS ILMIAH, PROGRAM STUDI D-III FARMASI, FAKULTAS FARMASI, UNIVERSITAS SETIA BUDI. Dibimbing oleh apt. Dra. PUDIASTUTI RAHAYU SP, M.M.**

Asam urat merupakan penyakit radang sendi yang sering dijumpai pada masyarakat di Indonesia. Konsumsi makanan yang mengandung tinggi purin dapat menyebabkan risiko peningkatan kadar asam urat. Berdasarkan data dari kader posbindu pada beberapa masyarakat yang menderita asam urat dikarenakan kurangnya pengetahuan pola makan yang baik atau mengonsumsi makanan yang tinggi purin. Tujuan penelitian ini untuk mengetahui Hubungan Asupan Makanan Terhadap Kadar Asam Urat di Posbindu Kelurahan Baki Pandeyan.

Penelitian ini menggunakan deskriptif analitik dengan pendekatan *cross sectional*. Jumlah sampel dalam penelitian ini sebanyak 39 orang dengan teknik pengambilan sampel *purposive sampling*. Analisis data menggunakan uji *chi-square* dengan variabel independen asupan makanan dan variabel dependen penyakit asam urat.

Penelitian ini menunjukkan adanya hubungan asupan makanan terhadap kadar asam urat dengan nilai signifikansi = 0,000 ( $p\text{-value} \leq 0,05$ ) yang berarti data dinyatakan signifikan dan  $H_0$  ditolak. Jenis asupan makanan yang dapat menyebabkan risiko peningkatan kadar asam urat di Posbindu Kelurahan Baki Pandeyan Kabupaten Sukoharjo yaitu tahu, tempe (64,1%), daging, jeroan (46,2%), kacang-kacangan (46,2%), dan bayam/kangkung (43,6%).

**Kata kunci :** Asam Urat, Asupan Makanan, Purin.

## ABSTRACT

**SEPTINA DAMAYANTI, 2024, THE RELATIONSHIP BETWEEN FOOD INTAKE AND URIC ACID LEVELS AT POSBINDU VILLAGE, BAKI PANDEYAN VILLAGE, SCIENTIFIC PAPERS, THREE YEAR DIPLOMA IN PHARMACY, FACULTY OF PHARMACY, SETIA BUDI UNIVERSITY, SURAKARTA. Supervised by apt. Dra. PUDIASTUTI RAHAYU SP, M.M.**

Gout is an inflammatory arthritis disease that is often found in people in Indonesia. Consumption of foods that contain high purines can lead to an increased risk of uric acid levels. Based on data from posbindu cadres in some communities who suffer from gout due to lack of knowledge of good diets or consuming foods high in purines. The purpose of this study is to determine the Relationship between Food Intake and Uric Acid Levels in Posbindu, Baki Pandeyan Village.

This study uses descriptive analytics with an approach *cross sectional*. The number of samples in this study was 39 people with a sampling technique *Purposive Sampling*. Data analysis using tests *chi-square* with independent variables of food intake and dependent variables of gout.

This study showed that there was a relationship between food intake and uric acid levels with a significance value = 0.000 ( $p\text{-value} \leq 0.05$ ) which means that the data is declared significant and  $H_0$  is rejected. The types of food intake that can cause the risk of increasing uric acid levels in Posbindu Baki Pandeyan Village, Sukoharjo Regency are tofu, tempeh (64.1%), meat, offal (46.2%), beans (46.2%), and spinach/kale (43.6%).

**Keywords :** Gout, Food Intake, Purines.