

## ABSTRAK

### HUBUNGAN POLA MAKAN DENGAN KADAR ASAM URAT (*Hiperurisemia*) PADA PRA LANSIA DI POSYANDU DESA NEGERI BARU KECAMATAN BENUA KAYONG KABUPATEN KETAPANG

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Pra lansia merupakan kelompok usia yang mulai mengalami perubahan metabolisme tubuh sehingga berisiko mengalami peningkatan kadar asam urat. Penelitian ini menggunakan desain observasional analitik dengan pendekatan *cross sectional*. Penelitian dilakukan di Posyandu Desa Negeri Baru Kecamatan Benua Kayong Kabupaten Ketapang dengan jumlah sampel 47 responden pra lansia yang dipilih menggunakan teknik purposive sampling. Data pola makan diperoleh melalui kuesioner *Food Frequency Questionnaire* (FFQ), sedangkan kadar asam urat diperoleh melalui pemeriksaan serum. Analisis data dilakukan secara univariat dan bivariat menggunakan uji statistik *Rank Spearman*. Hasil penelitian menunjukkan bahwa pola makan berdasarkan skor FFQ terbagi dalam kategori rendah sebanyak 16 responden (34,0%), sedang sebanyak 16 responden (34,0%), dan tinggi sebanyak 15 responden (31,9%). Hasil pemeriksaan kadar asam urat menunjukkan bahwa responden dengan kadar asam urat normal sebanyak 23 responden (48,9%), sedangkan responden yang mengalami hiperurisemia sebanyak 24 responden (51,1%). Hasil uji *Rank Spearman* menunjukkan nilai koefisien korelasi sebesar -0,313 dengan nilai signifikansi  $p = 0,032$ . Kesimpulan bahwa terdapat hubungan yang signifikan antara pola makan dengan kadar asam urat pada pra lansia di Posyandu Desa Negeri Baru Kecamatan Benua Kayong Kabupaten Ketapang. Arah hubungan negatif menunjukkan bahwa semakin tinggi skor FFQ, kadar asam urat cenderung semakin rendah.

**Kata kunci :** Asam urat, FFQ, *hiperurisemia*, pola makan, pra lansia

## ABSTRACT

### THE RELATIONSHIP BETWEEN DIET AND URIC ACID LEVELS (HYPERURICEMIA) IN PRE-ELDERLY PEOPLE AT THE INTEGRATED HEALTH POST (POSYANDU) IN NEGERI BARU VILLAGE, BENUA KAYONG SUBDISTRICT, KETAPANG REGENCY

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Pre-elderly individuals experience metabolic changes that increase the risk of hyperuricemia. One of the factors influencing uric acid levels is dietary pattern, particularly the consumption of high-purine foods. This study aimed to determine the relationship between dietary pattern and uric acid levels among pre-elderly individuals at the Posyandu of Negeri Baru Village, Benua Kayong District, Ketapang Regency. This analytical observational study employed a cross-sectional design involving 47 respondents selected using purposive sampling. Dietary pattern was assessed using the Food Frequency Questionnaire (FFQ), while uric acid levels were measured from serum samples. Data were analyzed using univariate analysis and Spearman's rank correlation test. The results showed that 16 respondents (34.0%) had low dietary pattern scores, 16 (34.0%) moderate, and 15 (31.9%) high. Normal uric acid levels were found in 23 respondents (48.9%), while 24 (51.1%) had hyperuricemia. Spearman's rank test showed a correlation coefficient of -0.313 with a p-value of 0.032. The findings indicate a significant relationship between dietary pattern and uric acid levels among pre-elderly individuals. The negative correlation suggests that higher FFQ scores tended to be associated with lower uric acid levels.

**Keywords :** Gout, FFQ, *hyperuricemia*, diet, pre-elderly