

**PROGRAM STUDI ILMU KEPERAWATAN
UNIVERSITAS AWAL BROS BATAM**

Skripsi, September 2022

Anang Wahyudi

Pengaruh Jus Buah Naga Terhadap Penurunan Kadar Asam Urat Pada Lansia Di
Wilayah Kerja UPTD Puskesmas Toapaya

63 halaman + 6 tabel + 3 Gambar + 12 lampiran

ABSTRAK

Peningkatan kadar asam urat terjadi karena peningkatan metabolisme asam urat (*overproduction*), penurunan pengeluaran asam urat (*underexcretion*) atau gabungan keduanya. Pengobatan non farmakologi dengan membatasi mengkonsumsi makanan mengandung tinggi purin atau rendah purin, asupan energi sesuai dengan kebutuhan, mengurangi konsumsi lemak, mengkonsumsi banyak cairan, tidak mengkonsumsi alkohol, mengkonsumsi cukup vitamin dan mineral, mengkonsumsi buah dan sayuran yang tidak memicu peningkatan asam urat (buah naga, labu kuning, tomat dan jahe). Fenomena yang ditemukan di UPTD Puskesmas Toapaya 7 orang memiliki kadar asam urat di atas normal atau *hiperurisemia* sedangkan 3 orang memiliki kadar asam urat normal. Penanganan yang lansia lakukan menggunakan terapi dokter. Dari hasil wawancara lansia tidak mengetahui tentang manfaat buah naga terhadap kadar asam urat. Penelitian ini bertujuan untuk mengetahui pengaruh jus buah naga terhadap penurunan kadar asam urat pada lansia Di Wilayah Kerja UPTD Puskesmas Toapaya. Rancangan penelitian ini adalah *pre eksperimental design* dengan menggunakan model *one grup pretest-posttest desain*. Sampel dalam penelitian ini terdiri dari lansia yang berada di wilayah kerja UPTD Puskesmas Toapaya berjumlah 20 orang dan data dianalisa menggunakan uji *wilcoxon*. Hasil diketahui adanya perbedaan signifikan, yang mana ($p\text{-value } 0,000 \leq 0,05$) hal ini menunjukkan adanya perbedaan yang signifikan antara skor rata-rata dari sebelum dilakukan intervensi dan setelah dilakukannya intervensi maka H_a diterima. Ksimpulannya pengaruh jus buah naga terhadap penurunan kadar asam urat pada lansia Di Wilayah Kerja UPTD Puskesmas Toapaya Saran bagi perawat untuk dapat memberikan pendidikan kesehatan melalui media bergambar seperti memberikan leaflet tentang manfaat jus buah naga untuk diterapkan dirumaah setiap hari guna mempercepat proses pemulihan kadar asam urat

Kata kunci : Jus Buah Naga, Kadar Asam Urat, Lansia

NURSING MAJOR
AWAL BROS UNIVERSITY OF HEALTH SCIENCES BATAM

Mini Thesis, September 2022
Anang Wahyudi

The Effect of Dragon Fruit Juice on Reducing Uric Acid Levels in the Elderly in the UPTD Working Area of Toapaya Health Center

63 pages + 6 tables + 3 pictures + 12 attachments

ABSTRACT

Increased uric acid levels occur due to increased uric acid metabolism (overproduction), decreased uric acid expenditure (underexcretion) or a combination of both. Non-pharmacological treatment by limiting consumption of foods containing high purines or low purines, energy intake according to needs, reducing fat consumption, consuming lots of fluids, not consuming alcohol, consuming enough vitamins and minerals, consuming fruits and vegetables that do not trigger an increase in uric acid. dragon, pumpkin, tomato and ginger). The phenomenon found in the UPTD of the Toapaya Health Center was that 7 people had uric acid levels above normal or hyperuricemia, while 3 people had normal uric acid levels. Handling that the elderly do use doctor therapy. From the results of interviews, the elderly did not know about the benefits of dragon fruit on uric acid levels. This study aims to determine the effect of dragon fruit juice on reducing uric acid levels in the elderly in the Toapaya Health Center UPTD Work Area. The design of this study was a pre-experimental design using a one-group pretest-posttest design model. The sample in this study consisted of 20 people who were in the working area of the UPTD Puskesmas Toapaya and the data were analyzed using the Wilcoxon test. The results showed that there was a significant difference, which (p-value 0.000 0.05) indicated a significant difference between the average score before the intervention and after the intervention, H_a was accepted. In conclusion, the effect of dragon fruit juice on reducing uric acid levels in the elderly in the Toapaya Health Center UPTD Work Area Suggestions for nurses to be able to provide health education through illustrated media such as providing leaflets about the benefits of dragon fruit juice to be applied at home every day to speed up the process of recovering uric acid levels

Keywords: Dragon Fruit Juice, Uric Acid Level, Elderly