

ABSTRAK

Khaira Ummah : Hubungan Indeks Massa Tubuh (IMT) dan Asupan Vitamin C dengan Kejadian Asam Urat pada lansia di UPT Puskesmas Bandar Khalifah Kecamatan Precut Sei Tuan. Skripsi. Prodi Gizi. Fakultas Teknik. Universitas Negeri Medan. 2025

Asam urat adalah suatu penyakit yang disebabkan karena adanya penumpukan kristal monosodium urat (MSU). Penumpukan kristal asam urat terjadi didaerah persendiaan, dikarenakan peningkatan purin. Faktor-faktor penyebab peningkatan kadar asam urat ialah usia, jenis kelamin, genetik, kebiasaan makan, lingkungan, berat badan (*overweight*), dan penyakit degeneratif (penyakit jantung, diabetes, hipertensi, dan gangguan pada sistem kerja ginjal). Penelitian ini bertujuan untuk mengetahui Hubungan Indeks Massa Tubuh (IMT) dan Asupan Vitamin C dengan Kejadian Asam Urat pada lansia di UPT Puskesmas Bandar Khalifah Kecamatan Precut Sei Tuan.

Penelitian ini dilaksanakan pada lansia yang berdomisili di UPT Puskesmas Bandar Khalifah Kecamatan Precut Sei Tuan pada bulan September- Oktober 2024. Desain penelitian yang digunakan pada penelitian ini adalah *cross sectional* dengan metode *convenience* atau *accidental sampling*. Besar sampel pada penelitian ini ialah 84 responden. Teknik pengumpulan data indeks massa tubuh (IMT) menggunakan penimbangan berat badan dan pengukuran tinggi badan. Data asupan vitamin C menggunakan formulir SQ-FFQ selama 2 minggu. Kadar asam urat diperoleh dengan pengecekan menggunakan alat *easy touch* GCU yang diperiksa oleh tenaga kesehatan ahli.

Hasil penelitian menunjukkan terdapat hubungan yang positif dan signifikan antara indeks massa tubuh (IMT) dan kadar asam urat dengan nilai koefisien korelasi $r = 0.315$, dan $p\text{-value} = 0.004$. Asupan vitamin C dan kadar asam urat tidak memiliki hubungan yang positif dan signifikan dengan nilai koefisien $r = -0.169$, dan $p\text{-value} = 0.123$. Uji multivariate pada penelitian ini tidak dilakukan karena syarat dalam uji multivariate tidak terpenuhi karena salah satu variabel X dan Y tidak memiliki korelasi yang signifikan.

Kata kunci : asam urat, asupan vitamin C, dan indeks massa tubuh (IMT)

ABSTRACT

Khaira Ummah : The Relationship Between Body Mass Index (BMI) and Vitamin C Intake with the Incidence of Gout in the Elderly at UPT Puskesmas Bandar Khalifah, Precut Sei Tuan Subdistrict. Thesis. Nutrition Study Program. Faculty of Engineering. State University of Medan. 2025

Gout is a disease caused by the accumulation of monosodium urate (MSU) crystals. The deposition of uric acid crystals occurs in the joints due to an increase in purine levels. Factors contributing to elevated uric acid levels include age, gender, genetics, dietary habits, environment, body weight (overweight), and degenerative diseases (heart disease, diabetes, hypertension, and kidney dysfunction). This study aims to determine the relationship between Body Mass Index (BMI) and Vitamin C intake with the incidence of gout in the elderly at UPT Puskesmas Bandar Khalifah, Precut Sei Tuan Subdistrict

This research was conducted on the elderly at the UPT Puskesmas Bandar Khalifah, Precut Sei Tuan District, in September to October 2024. The research design used in this study is cross-sectional with a convenience method. The sample size in this study is 84 respondents. Data collection techniques for body mass index (BMI) included weighing and measuring height. Data on vitamin C intake were obtained using the SQ-FFQ form over a two-week period. Uric acid levels were measured using the Easy Touch GCU device, which was examined by trained healthcare professionals.

The results of the study showed a positive and significant relationship between body mass index (BMI) and uric acid levels with a correlation coefficient of $r = 0.315$, and a p-value of 0.004. Vitamin C intake and uric acid levels did not have a positive and significant relationship, with a correlation coefficient of $r = -0.169$, and a p-value of 0.123. The results of the multiple linear regression test showed a positive and significant relationship between body mass index (BMI) and vitamin C intake with uric acid levels in the elderly, with the equation. The multivariate test in this study was not conducted because the requirements for the multivariate test were not met.

Keywords : Uric acid, vitamin C intake, and body mass index (BMI)