

Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI S-1 ILMU KEPERAWATAN
FAKULTAS ILMU KESEHATAN

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Hubungan Perilaku Makan dengan Kadar Asam pada Lansia di Posyandu Lansia
Desa Sumber Kejayan Kec. Mayang, 2025.

Xi + 115 hal + 3 gambar + 9 tabel + 16 lampiran

Abstrak

Latar Belakang: Lansia rentan terhadap penyakit degeneratif akibat penurunan fungsi organ, salah satunya hiperurisemia. Perilaku makan tidak sehat, terutama konsumsi tinggi purin seperti jeroan, daging merah, dan seafood, menjadi faktor risiko utamanya. Studi pendahuluan di Posyandu Lansia Desa Sumber Kejayan menunjukkan 87,5% lansia memiliki kadar asam urat tinggi, menegaskan pentingnya pemahaman perilaku makan dalam pencegahan dan pengelolaan asam urat. **Metode:** Penelitian ini menggunakan desain kuantitatif dengan pendekatan korelasional metode *cross-sectional*. Sampel berjumlah 37 lansia usia ≥ 60 tahun, dipilih menggunakan teknik *purposive sampling*. Instrumen meliputi kuesioner perilaku makan berdasarkan *Dutch Eating Behavior Questionnaire* (DEBQ) dan alat ukur kadar asam urat digital (GCU). Analisis data dilakukan secara univariat dan bivariat dengan uji Chi-Square. **Hasil:** Mayoritas lansia memiliki perilaku makan dalam kategori cukup hingga buruk, dan sebagian besar menunjukkan kadar asam urat di atas nilai normal. Analisis bivariat menunjukkan adanya hubungan signifikan antara perilaku makan dengan kadar asam urat ($p < 0,05$). **Kesimpulan:** Terdapat hubungan yang signifikan antara perilaku makan dengan kadar asam urat pada lansia di Posyandu Lansia Desa Sumber Kejayan. Hasil ini menegaskan perlunya edukasi perilaku makan sehat sebagai intervensi non-farmakologis untuk mengelola kadar asam urat pada lansia.

Kata Kunci: Perilaku Makan, Asam Urat, Lansia.

Daftar Pustaka 53 (2020-2025)

ABSTRACT

MUHAMMADIYAH UNIVERCITY OF JEMBER
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Relationship between Eating Behavior and Acid Levels in the Elderly at Posyandu for the Elderly, Sumber Kejayan Village, Kec. Mayang, 2025.

Xi + 115 pages + 3 figures + 9 tables + 16 appendices

Abstract

Introduction: Older adults are vulnerable to degenerative diseases due to declining organ function, one of which is hyperuricemia. Unhealthy eating behavior, particularly the consumption of purine-rich foods such as organ meats, red meat, and seafood, is a major risk factor. A preliminary study at the Elderly Posyandu in Sumber Kejayan Village found that 87.5% of older adults had high uric acid levels, highlighting the importance of understanding eating behavior in preventing and managing uric acid levels. **Methods:** This study employed a quantitative design with a correlational approach using a cross-sectional method. The sample consisted of 37 older adults aged ≥ 60 years, selected through purposive sampling. Instruments included an eating behavior questionnaire based on the Dutch Eating Behavior Questionnaire (DEBQ) and a digital uric acid measuring device (GCU). Data were analyzed using univariate and bivariate methods with the Chi-Square test. **Result:** Most respondents demonstrated eating behaviors categorized as fair to poor, and the majority had uric acid levels above the normal range. Bivariate analysis revealed a significant association between eating behavior and uric acid levels ($p < 0.05$). **Conclusion:** There is a significant relationship between eating behavior and uric acid levels among older adults at the Elderly Posyandu in Sumber Kejayan Village. These findings emphasize the importance of promoting healthy eating behaviors as a non-pharmacological intervention to manage uric acid levels in the elderly.

Keywords: Eating Behavior, Uric Acid, Older Adults.
Bibliographi 53 (2020-2025)