

**HUBUNGAN POLA MAKAN DAN TINGKAT
PENGETAHUAN DENGAN KADAR ASAM
URAT PENDERITA *GOUTH ARTHRITIS*
DI DESA WINEBETAN KECAMATAN
LANGOWAN SELATAN**

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Abstrak

Latar Belakang:

Penyakit *gouth arthritis* merupakan penyakit umum yang disebabkan oleh gangguan metabolisme purin, ditandai dengan tingginya kadar asam urat dalam darah. Kadar asam urat dalam darah melebihi batas normal dapat menyebabkan penumpukan asam urat didalam persendian dan organ tubuh lainnya. Penumpukkan asam urat inilah yang membuat sendi sakit, nyeri, dan meradang. Jika kadar asam urat dalam darah terus meningkat, penyakit ini bisa menyebabkan penderita tidak bisa berjalan. Sendi akan terasa sangat nyeri dan kesakitan saat berjalan bahkan dapat menyebabkan terjadinya kerusakan pada sendi sehingga mengganggu aktivitas penderita, salah satunya penyakit *gouth arthritis* ini terjadi di Kabupaten Minahasa. Berdasarkan survei awal data yang didapatkan di Desa Winebetan Kecamatan langowan masyarakat yang mengalami penyakit *gouth arthritis* yaitu sekitar 36 penderita orang.

Metode: Penelitian ini menggunakan jenis penelitian kuantitatif dengan pendekatan *Cross-sectional*. Dalam melakukan pengambilan sampel peneliti menggunakan total *sampling* 36 orang *gouth arthritis*

Hasil: Hubungan pola makan dan *gouth arthritis* menggunakan uji statistik *Chi-square* dan memperoleh hasil *p-Value* 0,026 ($p < 0,05$) yang artinya H_0 ditolak dan H_a diterima, sehingga ditemukan ada hubungan pola makan dengan *gouth arthritis*. Hubungan tingkat pengetahuan dan *gouth arthritis* menggunakan uji statistik *Chi-square* dan memperoleh hasil *p-Value* 0,011 ($p < 0,05$) yang artinya H_0 ditolak dan H_a diterima, sehingga ditemukan ada hubungan tingkat pengetahuan dengan *gouth arthritis*

Kesimpulan: Ada hubungan pola makan dan tingkat pengetahuan dengan *gouth arthrtis* di Desa Winebetan Kecamatan Langowan Selatan

Kata kunci: pola makan, tingkat pengetahuan

THE RELATIONSHIP OF DIET AND LEVEL
KNOWLEDGE WITH ACID LEVELS
VENTURES OF GOUTH ARTHRITIS
SUFFERING IN WINEBETAN
VILLAGE DISTRICT SOUTH
LANGOWAN

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Abstract

Background: Gouty arthritis is a common disease caused by disorders of purine metabolism, characterized by high levels of uric acid in the blood. Uric acid levels in the blood exceed normal limits and can cause a buildup of uric acid in the joints and other body organs. This buildup of uric acid makes the joints sore, sore and inflamed. If uric acid levels in the blood continue to increase, this disease can cause the sufferer to be unable to walk. The joints will feel very sore and painful when walking and can even cause damage to the joints, thus interfering with the sufferer's activities, one of which is gout arthritis which occurs in Minahasa Regency. Based on initial survey data obtained in Winebetan Village, Langowan District, there were around 36 people suffering from gout arthritis.

Method: This research uses a quantitative type of research with a cross-sectional approach. In conducting sampling, researchers used a total sampling of 36 people with gout arthritis.

Result: The relationship between diet and gout arthritis used the Chi-square statistical test and obtained a p-Value of 0.026 ($p < 0.05$), which means that H_0 was rejected and H_a was accepted, so it was found that there was a relationship between diet and gout arthritis. The relationship between level of knowledge and gout arthritis used the Chi-square statistical test and obtained a p-value of 0.011 ($p < 0.05$), which means that H_0 was rejected and H_a was accepted, so it was found that there was a relationship between level of knowledge and gout arthritis.

Conclusion: There is a relationship between diet and level of knowledge with gout arthritis in Winebetan Village, South Langowan District.

Keywords: Diet, level of knowledge