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KADAR GAMMA GLUTAMYL TRANSFERASE PADA PEMINUM ALKOHOL : STUDI LITERATUR

Sabrina Mega Pratiwi¹, Evi Puspita Sari², Ratna Dewi Permatasari³

¹STIKes Inan Cendekia Medika Jombang

²email: sabrinamega455@gmail.com ³email: eps.inam17@gmail.com ⁴email: wahib.rifa81@gmail.com

ABSTRAK

Pendahuluan Mengonsumsi minuman beralkohol yang berlebih dalam jangka waktu lama dan jumlah tertentu dapat meningkatkan risiko kerusakan organ, sebagian besar gangguan fungsi hati seperti penyakit hati alkoholik. *Gamma Glutamyl Transferase* merupakan enzim *microsomal* yang bertambah banyak pada konsumsi alkohol yang banyak diproduksi di hati. Jika kadar *Gamma Glutamyl Transferase* tinggi menandakan adanya gangguan fungsi hati. **Tujuan** penelitian ini untuk mengetahui kadar *Gamma Glutamyl Transferase* pada peminum alkohol. **Metode** *literature review* ini menelaah 5 jurnal tentang kadar *Gamma Glutamyl Transferase* pada peminum alkohol dalam kurun waktu 2015 sampai 2020. *Literature review* ini menggunakan metode PICOS untuk mencari jurnal yang akan digunakan, jurnal nasional maupun internasional dalam bahasa Indonesia dan bahasa Inggris yang diperoleh dari 3 *database* yaitu *google scholar*, *PubMed*, *Web of Science*. **Hasil** secara keseluruhan 5 jurnal yang diperoleh menunjukkan bahwa terjadi peningkatan kadar *Gamma Glutamyl Transferase* pada peminum alkohol. **Kesimpulan** terjadi peningkatan *Gamma Glutamyl Transferase* pada peminum alkohol. **Saran** dianjurkan kepada masyarakat yang mengonsumsi alkohol untuk mengurangi konsumsi minuman beralkohol dan untuk peneliti selanjutnya disarankan menambah referensi artikel atau jurnal penelitian dan dapat meneliti parameter tes fungsi hati lainnya seperti ALP, AST, ALT.

Kata kunci : konsumsi alkohol, alkoholisme, *Gamma Glutamyl Transferase*

SERUM GAMMA GLUTAMYL TRANSFERASE (γ -GT) IN ALCOHOLICS

ABSTRACT

Introduction Excessive alcohol consumption in a long time and a certain amount can increase the risk of organ damage, mostly liver function disorders such as alcoholic liver disease. *Gamma Glutamyl Transferase* is a microsomal enzyme that increases a lot in the consumption of alcohol that is produced in the liver. If *Gamma Glutamyl Transferase* activities are high, it indicates that there is impaired liver function. **Objective** this study to determine *Gamma Glutamyl Transferase* activities in alcoholic drinkers. **Method** this literature review was reviewed from 5 journals about *Gamma Glutamyl Transferase* activities in alcohol drinkers from 2015 to 2020. literature review used the PICOS method to found journals to be used, national and international journals in Indonesian and English was obtained from 3 databases namely *google scholar*, *PubMed*, *Web of Science*. **Result** in total 5 journals obtained showed that an increase in *Gamma Glutamyl Transferase* activities in alcoholic drinkers. **Conclusion** the activity of *Gamma Glutamyl Transferase* is increased in alcoholic consumption. **Suggestion** It is recommended for people who consume alcohol to reduce alcohol consumption and for further researchers it is recommended to add references to research articles or journals and be able to examine other liver function test parameters such as ALP, AST, ALT.

Keywords : alcohol consumption, Alcoholism, *Gamma Glutamyl Transferase*