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PENGARUH PEMBERIAN AIR REBUSAN DAUN SIRSAK TERHADAP KADAR ASAM URAT PADA LANSIA
(Studi di RT/RW 004/001 Dusun Ngasem Desa Kradenanrejo Kecamatan Kedungpring Kabupaten Lamongan)

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ABSTRAK

Pendahuluan: kadar asam urat pada lansia akan meningkat diatas normal. Peningkatan produksi asam urat ini disebabkan oleh beberapa alas an berikut : produksi asam berlebihan, penurunan pembuangan asam urat, kombinasi produksi asam urat berlebih. Daun sirsak mengandung senyawa flavonoid yang dapat membantu menghilangkan kadar asam urat. **Tujuan penelitian :** menganalisis pengaruh pemberian air rebusan daun sirsak terhadap kadar asam urat pada lansia di RT/RW 004/001 Dusun Ngasem. **Desain penelitian :** menggunakan analitis *pre-experimental* dengan "one-group pre test design". Populasi penelitian adalah 23 lansia. Sampel penelitian adalah 10 lansia dengan Teknik *probability sampling* dengan metode *simple random sampling*. Variable dalam penelitian ini dependen dan independent. Instrumen penelitian pemberian air rebusan daun sirsak dengan lembar observasi dan pengukuran asam urat menggunakan GCU. Pengolahan data *editing, coding, scoring, tabulating*. Analisa data menggunakan uji Wilcoxon. **Hasil penelitian :** sebelum pemberian air rebusan daun sirsak seluruh lansia memiliki kadar asam urat tinggi sebanyak 10 lansia (100%). Setelah pemberian air rebusan daun sirsak hampir seluruh lansia memiliki kadar asam urat normal sebanyak 9 lansia (90%). Uji statistic Wilcoxon didapatkan nilai $p = 0,0007 < \alpha = 0,05$ maka H₀ ditolera. **Kesimpulan :** penelitian ini ada pengaruh pemberian air rebusan daun sirsak terhadap kadar asam urat pada lansia di RT/RW 004/001 Dusun Ngasem. **Saran :** diharapkan dapat memberikan konseling tentang manfaat penggunaan air rebusan daun sirsak untuk menurunkan kadar asam urat.

Kata Kunci : Asam urat, daun sirsak, lansia

EFFECT GIVING SOURSOP LEAVES WATER TO URIC ACID LEVELS IN ELDERLY
(Studi at RT/RW 004/001 Ngasem Kradenanrejo Village Kedungpring Lamongan)

ABSTRACT

Introduction : uric acid levels in the elderly will increase above normal. The increase in uric acid production is caused by the following reasons : excessive acid production, decreased uric acid removal, a combination of excess uric acid production. Soursop leaves contain flavonoid compounds that can help eliminate uric acid levels. **The purpose :** to analyse the effect of giving soursop leaf boiled water on uric acid levels in the elderly in RT/RW 004/001 Dusun Ngasem. **The design :** using pre-experimental analytic with "one-group pre test design". The study population was 23 elderly. The reseach sample was 10 elderly with probability sampling technique with simple random sampling method. The variables in this study are dependent and independent. The research instrument was giving soursop leaf boiled water on observation sheet and measuring uric acid using GCU. Processing of data editing, coding, scoring, tabulating. Data analysis using te Wilcoxon test. **The result :** before giving boiled water for soursop leaves, all the elderly had high uric acid