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GAMBARAN KADAR ASAM URAT PADA LANSIA  
(Studi di Puskesmas Maospati, Kab. Magetan)

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ABSTRAK

**Pendahuluan :** Asam urat merupakan hasil metabolisme akhir dari purin yang merupakan salah satu komponen asam nukleat yang terdapat dalam inti sel tubuh. Peningkatan kadar asam urat dalam tubuh dipengaruhi oleh beberapa faktor salah satunya adalah faktor usia. Asam urat meningkat dengan perbandingan 3:1 pada orang yang berusia lebih dari 60 tahun. Adapun tujuan penelitian ini adalah untuk mengetahui kadar asam urat pada lansia. **Metode penelitian :** Desain penelitian bersifat deskriptif observasi. Populasi penelitian ini yaitu seluruh lansia yang melakukan pemeriksaan kadar asam urat di Puskesmas Maospati, Kabupaten Magetan pada bulan Januari sampai Maret 2020 dengan jumlah sampel 55 orang yang diambil menggunakan teknik *purposive sampling*. Pengumpulan data dengan observasi laboratoris serta data diolah dengan *editing, coding, dan tabulating*. **Hasil :** Hasil dari penelitian pada 55 responden menunjukkan hampir seluruh responden mengalami peningkatan kadar asam urat dengan jumlah 47 orang (85%) serta sebagian kecil responden dengan jumlah 8 orang (15%) memiliki kadar asam urat normal. **Kesimpulan** Kesimpulan berdasarkan data penelitian yaitu hampir seluruh lansia yang melakukan pemeriksaan kadar asam urat di Puskesmas Maospati, Kabupaten Magetan mengalami peningkatan kadar asam urat. **Saran :** Saran untuk masyarakat khususnya lansia untuk mengurangi bahan pangan tinggi purin.

**Kata kunci :** asam urat, hiperurisemia, lansia

DESCRIPTION OF URATIC ACID LEVEL IN ELDERLY  
(Study at the Puskesmas Maospati, Magetan regency)

ABSTRACT

**Introduction :** Uric acid is the result of the final metabolism of purines which is a component of nucleic acids found in the body's cell. Increased uric acid levels in the body are influenced by several factors one of which is the age factor Uric acid increased by a ratio 3:1 in people over 60 years old. As for the purpose of this study is to determine the levels of uric acid in the elderly. **Research purpose :** The research design is descriptive observation. The population of this research is all the elderly who do the examination of uric acid levels in the Puskesmas Maospati, Magetan regency in January until March 2020 with a sample of 55 people taken using *purposive sampling* technique. Data collection by *metabolic observation* and data processed by *editing, coding, and tabulating*. **Results:** The results of a study of 55 respondents showed that all respondents experienced an increase in uric acid levels by 47 people (85%) and a small proportion of respondents with 8 people (15%) had normal uric acid levels. **Conclusions :** The conclusion based on research data is that almost all elderly people who check uric acid levels in Puskesmas Maospati, Magetan regency have increased levels of uric acid. **Suggestion :** The suggestion for the community especially the elderly to reduce high-purine foodstuff.