

POLA MAKAN LANSIA PENDERITA ASAM URAT
DI POSYANDU LANSIA KELURAHAN WONOKROMO SURABAYA

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ABSTRAK

Lansia sering mengalami gangguan yang disebabkan karena proses penuan, salah satunya mengalami gangguan pada persendian seperti menderita penyakit asam urat. Penyakit asam urat merupakan sejenis penyakit yang menyerang sendi otot atau peradangan pada sendi otot. Hal ini dapat disebabkan tiga faktor pemicu yaitu genetik, hormonal, gaya hidup yang kurang sehat seperti pola makan kurang baik yaitu sering mengkonsumsi makanan tinggi purin. Tujuan dari penelitian ini adalah untuk mengetahui gambaran pola makan lansia yang menderita penyakit asam urat di Posyandu Lansia RW 01 Kelurahan Wonokromo Surabaya. Desain yang digunakan dalam penelitian ini adalah Deskriptif. Populasinya seluruh lansia yang menderita penyakit asam urat di Posyandu Lansia RW 01 Kelurahan Wonokromo Surabaya yang berusia 54-75 tahun. Sampel sebesar 14 responden dengan menggunakan teknik *total sampling*. Variabel penelitian ini adalah pola makan lansia yang menderita penyakit asam urat. Pengumpulan data menggunakan kuesioner. Data dianalisis dengan cara Deskriptif dalam bentuk persentase. Hasil penelitian menunjukkan bahwa dari 14 responden didapatkan sebagian besar pola makan lansia yang menderita penyakit asam urat kurang baik sebesar 57%, cukup sebesar 29%, baik sebesar 14%. Dari penelitian ini dapat disimpulkan bahwa sebagian besar pola makan lansia yang menderita penyakit asam urat dikategorikan kurang baik. Oleh karena itu, diharapkan lansia melakukan diet makanan rendah purin dan pemeriksaan kadar asam urat secara rutin.

Kata kunci: Pola makan, penyakit asam urat, lanjut usia.

ABSTRACT

The elderly often experience reverential trouble because aging process, one of it experiences trouble on about joint as suffer from gout. Gout is a disease which attack muscular joints, also known as muscular joints inflammation which can be caused by three triggering factors, namely genetic, hormonal, and unhealthy lifestyle, such as unhealthy eating pattern of adverse eating which is consuming high purine food. The purpose of this research was to find out the description of eating pattern in the elderly suffering from Gout in the geriatric Posyandu (Integrated Health Post) located in RW 01 Wonokromo, Surabaya. Design that is utilized in this research is Descriptive. The populations involved all older people aged between 54-75 years old in the above mentioned Posyandu, in which 14 older people were taken as the samples done by applying the total sampling technique. The variable of research was the eating pattern of the elderly with Gout. Furthermore, questionnaires were used to collect the data which were then analysis by Descriptive in percentage form. The result showed that among 14 respondents, most of them totally 57% had unhealthy eating pattern, the eating pattern possessed by 29% was good enough, and 14% had a good eating pattern. The research has come to a conclusion that largely patterns eating possessed by the elderly with Gout was categorized in the low level. Hence, they are expected to go on a diet of low purine foods and check their uric acid level routinely.

Keywords: Eating pattern, Gout, The elderly.