

## JUS SEMANGKA MENURUNKAN KADAR ASAM URAT

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**Abstract:** As the population of the elderly increases, health problems such as Gout indicated by Hyperuricemia might also appear. Hyperuricemia can be prevented by increasing the intake of Vitamin C, B5, B6, and E. Therefore, the purpose of this research was to find out the effects of watermelon juice on the change in uric acid level in the elderly living in Dupak Bangunsari RT V RW 4 Surabaya. The research used quasi-experiment design. The populations involved 16 old people with Hyperuricemia, in which half of them, 8 people, were taken as the samples done by applying the random allocation technique classified as follows: 8 people in experiment group and 8 people in control group. The watermelon juice therapy was chosen as the independent variable, where as the dependent variable was the change of uric acid level. Furthermore, the uric acid level measuring tool was used to collect the data which were then recorded on the recapitulation and watermelon juice sheet. The result of analysis done by applying Fischer's Exact test and SPSS for Windows showed that  $p = 0.001 < \alpha = 0.05$  which meant that the research hypothesis was accepted illustrating that there were some effects of watermelon juice on the change in uric acid level in the elderly living in the above mentioned region. The research has come to a conclusion that there were some effects of watermelon juice on the change in uric acid level. Hence, the old people with Hyperuricemia should consume more Vitamin C, B5, B6, and E and change their life pattern into the healthy one.

**Abstrak:** Meningkatnya populasi lansia menyebabkan permasalahan kesehatan, salah satunya adalah penyakit asam urat yang ditandai dengan hiperurisemia. Hiperurisemia dapat dicegah dengan cara memperbanyak asupan vitamin C, B5, B6, dan E. Untuk mengetahui pengaruh dari jus semangka terhadap perubahan kadar asam urat pada lansia di Dupak Bangunsari RT V RW 4 Surabaya. Penelitian ini menggunakan rancangan *Quasy Eksperiment Design* dengan populasi lansia yang hiperurisemia sebesar 16 orang, dengan besar sampel seluruh lansia dengan hiperurisemia sebesar 16 orang dan cara pengambilan sampel menggunakan *total sampling* lalu dibagi menjadi 8 kelompok kontrol dan 8 kelompok eksperimen dengan teknik *random allocation*. Variabel independen terapi jus buah semangka dan variabel dependen perubahan kadar asam urat. Pengumpulan data dilakukan dengan alat ukur kadar asam urat lalu dicatat dilembar rekapitulasi dan dianalisis menggunakan uji *Fisher exact* dengan  $\alpha=0,05$ . Hasil penelitian ini didapatkan rata-rata kadar asam urat sebelum pemberian terapi jus semangka kelompok eksperimen 8,9 mg/dl sedangkan kelompok kontrol 8,8 mg/dl. Sesudah pemberian terapi jus semangka rata-rata kadar asam urat pada kelompok eksperimen menjadi 5,5 mg/dl sedangkan pada kelompok kontrol rata-rata kadar asam urat menjadi 8,7 mg/dl. Hasil uji *Fisher Exact* didapatkan  $p (0,001) < \alpha (0,05)$ , berarti hipotesis penelitian diterima yaitu ada pengaruh terapi jus semangka terhadap perubahan kadar asam urat pada lansia di RT V RW 4 Dupak Bangunsari Surabaya. Sehingga ada pengaruh terapi jus semangka terhadap perubahan kadar asam urat. Diharapkan para penderita hiperurisemia memperbanyak asupan vitamin C, B5, B6, dan E dan mengubah pola hidup yang sehat.

**Kata kunci:** hiperurisemia, lansia, terapi jus semangka