

PENGARUH REBUSAN CENGKEH TERHADAP KADAR ASAM URAT PADA LANSIA DI WILAYAH KERJA PUSKESMAS GAMBESI KOTA TERNATE

Nurul Hasanah Abd. Rachman¹, Anastasia Suci Sukmawati², Suwarno³

Email : nurulhasanahabdrachman@gmail.com

INTISARI

Latar Belakang : Asam urat merupakan suatu kondisi degeneratif yang sebagian besar menyerang persendian terutama pada lansia. Ini disebabkan kelebihan produksi kadar asam urat dan terhambat dapat dipengaruhi jenis makanan yang dikonsumsi, dan obat-obatan diuretic dan penyakit ginjal atau intoksikasi. Hal tersebut dapat diatasi dengan teknik farmakologi dan non-farmakologi. Rebusan cengkeh, merupakan teknik non-farmakologi yang dapat menurunkan kadar asam urat.

Tujuan Penelitian : Penelitian ini bertujuan untuk mengetahui ada pengaruh Rebusan Cengkeh Terhadap Kadar Asam Urat Pada Lansia Di Wilayah Kerja Puskesmas Gambesi Kota Ternate

Metode Penelitian : Desain penelitian pra eksperimen dengan Rancangan penelitian one group pretest-posttest design. Jumlah 33 sampel dengan teknik total sampling. Pada Eksperimen didapatkan perubahan sampel 31 lansia yang dilakukan dengan pemberian rebusan cengkeh pada lansia selama 7 hari. Pengumpulan data menggunakan lembar observasi. Analisa data menggunakan uji paired sample t test.

Hasil Penelitian : Sebelum intervensi didapatkan 31 lansia mengalami peningkatan kadar asam urat. Setelah intervensi sejumlah 30 lansia mengalami penurunan kadar asam urat. Hasil Uji paired sample t test menunjukkan p-value = 0,000 (p value < 0,05) yang berarti ada pengaruh pemberian rebusan cengkeh terhadap kadar asam urat pada lansia di wilayah Kerja Puskesmas Gambesi.

Kesimpulan : Ada Pengaruh rebusan cengkeh terhadap kadar asam urat pada lansia di wilayah Kerja Puskesmas Gambesi Kota Ternate

Kata Kunci : Rebusan cengkeh, Kadar Asam Urat, Lansia.

¹ Mahasiswa Program Studi Keperawatan Universitas Jenderal Achmad Yani Yogyakarta

² Dosen Program Studi Keperawatan Universitas Jenderal Achmad Yani Yogyakarta

³ Dosen Program Studi Keperawatan Universitas Jenderal Achmad Yani Yogyakarta

THE EFFECT OF CLOVE BOILING ON URIC ACID LEVELS IN THE ELDERLY IN THE WORKING AREA OF GAMBESI HEALTH CENTER TERNATE CITY

Nurul Hasanah Abd. Rachman¹, Anastasia Suci Sukmawati², Suwarno³

Email : nurulhasanahabdrachman@gmail.com

ABSTRACT

Background : Gout is a degenerative condition that mostly attacks the joints, especially in the elderly. This is due to excess production of uric acid levels and obstruction can be influenced by the type of food consumed, and diuretic drugs and kidney disease or intoxication. This can be overcome with pharmacological and non-pharmacological techniques. Clove decoction is a non-pharmacological technique that can reduce uric acid levels.

Research Objective : This research aims to determine the effect of clove decoction on uric acid levels in the elderly in the working area of the Gambesi Health Center, Ternate City.

Research Methods : Pre-experimental research design with a one group pretest-posttest design. Total 33 samples with total sampling technique. In the experiment, changes were found in a sample of 31 elderly people who were carried out by giving clove decoction to the elderly for 7 days. Data collection uses observation sheets. Data analysis used the paired sample t test.

Results : Before the intervention, it was found that 31 elderly people had increased uric acid levels. After the intervention, 30 elderly people experienced a decrease in uric acid levels. The results of the paired sample t test showed p-value = 0.000 (p value < 0.05), which means that there was an effect of giving clove decoction on uric acid levels in the elderly in the Gambesi Health Center working area.

Conclusion : There is an effect of clove decoction on uric acid levels in the elderly in the working area of Gambesi Health Center, Ternate City

Keywords : Clove decoction, Uric Acid Levels, Elderly.

¹ Mahasiswa Program Studi Keperawatan Universitas Jenderal Achmad Yani Yogyakarta

² Dosen Program Studi Keperawatan Universitas Jenderal Achmad Yani Yogyakarta

³ Dosen Program Studi Keperawatan Universitas Jenderal Achmad Yani Yogyakarta