

## **Kadar Asam Urat pada Lansia Obesitas**

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### **ABSTRAK**

**Latar Belakang:** Kejadian obesitas merasakan peningkatan yang mengkhawatirkan di dunia dan menjadi masalah kesehatan masyarakat dengan peningkatan berlanjut dalam kematian global dan insiden penyakit kronis yang berdampak terhadap metabolisme tubuh seperti metabolisme asam urat. Tujuan riset ini adalah menjabarkan kadar asam urat pada lansia, mengenali hubungan usia, lingkaran pinggang, dan persen lemak tubuh dengan kadar asam urat, serta perbedaan kadar asam urat lansia obesitas pria dan wanita.

**Metode:** Penelitian *cross-sectional* pada 40 orang lansia yang diambil secara *purposive sampling*. Data historis penyakit dan konsumsi obat-obatan didapatkan dengan wawancara langsung. Lingkaran pinggang diukur memakai *medline*, persen lemak tubuh diukur memakai *Body Composition Monitor* Omron HBF-214, dan pengukuran serum asam urat memakai *Auto Chemistry Analyzer* di Laboratorium Puskesmas Srandol. Data dianalisis dengan uji *Pearson correlation* dan *Independent t-test*.

**Hasil:** Subjek tergolong dalam obesitas sentral. Ada 9 subjek (22,5%) mempunyai asam urat tinggi. Ada hubungan positif antara usia ( $r=0,683$ ,  $p=0,001$ ), lingkaran pinggang ( $r=0,401$ ,  $p=0,01$ ) dengan kadar asam urat. Sedangkan, persen lemak tubuh tidak berhubungan dengan kadar asam urat. Terdapat perbedaan signifikan diantara kadar asam urat pria dengan wanita ( $p=0,044$ ).

**Kesimpulan:** Lansia yang tergolong sehat secara klinis bisa merasakan asam urat tinggi. Usia dan lingkaran pinggang berhubungan positif dengan kadar asam urat. Persen lemak tubuh tidak berhubungan dengan kadar asam urat. Kadar asam urat antara lansia obesitas pria berbeda signifikan dengan wanita.

**Kata Kunci:** usia, lingkaran pinggang, persen lemak tubuh, kadar asam urat, obesitas

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## Uric Acid Levels in Obese Elderly

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### ABSTRACT

**Background:** The incidence of obesity is on an alarming rise worldwide and is becoming a public health problem with a continuing increase in global mortality and incidence of chronic diseases impacting the body's metabolism such as uric acid metabolism. This study aimed to describe uric acid levels in the elderly, determine the relationship between age, waist circumference, and percent of body fat with uric acid levels, as well as the differences in uric acid levels in obese male and female elderly.

**Methods:** Cross-sectional study on 40 elderly people taken by purposive sampling. Personal data, disease history, and drug consumption are obtained by direct interviews. Waist circumference was measured using Medline, percent body fat was measured with Body Composition Monitor Omron HBF-214, and serum uric acid was measured with Auto Chemistry Analyzer at Spondol Health Center Laboratory. The data were analyzed by Pearson correlation test and Independent t-test.

**Result:** The subject is classified as central obese. A total of 9 subjects (22.5%) had high uric acid. There is a relationship between age ( $r=0,683$ ,  $p=0,001$ ), and waist circumference ( $r=0,401$ ,  $p=0,010$ ) with uric acid levels. Meanwhile, body fat percentage is unrelated to uric acid levels. There was a difference in uric acid levels between men and women ( $p = 0.044$ ).

**Conclusion:** The elderly who are classified as clinically healthy can experience high uric acid. Age and waist circumference are related to uric acid levels. Body fat percentage is unrelated to uric acid levels. Uric acid levels between obese elderly men and women have significant differences.

**Keywords:** age, waist circumference, percent body fat, uric acid levels, obesity

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