# ABSTRAK

**UNIVERSITAS ESA UNGGUL**
**FAKULTAS ILMU-ILMU KESEHATAN**
**PROGRAM STUDI GIZI**

**HUBUNGAN ASUPAN PURIN, VITAMIN C, KALSIUM, MAGNESIUM DAN KONSUMSI KAFEIN TERHADAP KADAR ASAM URAT PADA WANITA MENOPOUSE DI PUSKESMAS MAMPANG PRAPATAN**

**Latar Belakang :** Kadar asam urat cenderung meningkat pada wanita yang sudah mengalami menopouse. Asupan tinggi purin diduga menjadi salah satu penyebab peningkatan kadar asam urat. Sedangkan menjaga asupan vitamin C, kalsium dan magnesium serta kafein dalam batas yang dianjurkan berpotensi untuk mengurangi kadar asam urat dalam darah.

**Tujuan :** Mengetahui hubungan antara asupan purin, vitamin C, kalsium, magnesium dan asupan kafein terhadap kadar asam urat pada wanita menopouse di puskesmas kecamatan mampang

**Metode :** Desain penelitian ini adalah *cross-sectional*. Sampel yang digunakan adalah wanita menopuse rentan usia 51-92 tahun berjumlah 70 orang di Puskesmas Kecamatan Mampang. Data asupan purin, vitamin C, kalsium, magnesium dan kafein diperoleh dengan melakukan wawancara menggunakan *semi-quantitative food frequency* dan kadar asam urat dengan menggunakan alat *Easy touch GCU*. Analisis bivariat dilakukan dengan menggunakan uji korelasi *pearson* dan *spearman*.

**Hasil :** Terdapat hubungan yang signifikan antara asupan purin, vitamin C dan kalsium terhadap kaadar asam urat wanita menopouse ($p = 0,003$ ; $p = 0,011$ ; $p = 0,037$ secara berurut). Tetapi tidak ditemukan hubungan antara asupan magnesium dan kafein terhadap kadar asam urat pada wanita menopouse ( $p = 0,545$ ; $p = 0,250$ secara berurut).

**Kesimpulan :** Ditemukan hubungan yang signifikan antara asupan purin, vitamin C dan kalsium terhadap kadar asam urat pada wanita menopouse dan tidak ada hubungan yang berarti antara asupan magnesium dan kafein terhadap wanita menopouse di puskesmas kecamatan mampang.

Kata Kunci : Asam Urat, Menopouse, Asupan Zat Gizi Mikro, Hiperurisemia

# ABSTRACT

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***RELATIONSHIP INTAKE OF PURIN, VITAMIN C, CALCIUM, MAGNESIUM AND CAFFEINE CONSUMPTION RELATIONSHIP ON URIC ACID LEVELS IN MENOPAUSE WOMEN IN PUSKESMAS MAMPANG PRAPATAN***

**Background**: Uric acid levels tend to increase in women who have experienced menopause. High purine intake is thought to be one of the causes of increased uric acid levels. While maintaining the intake of vitamin C, calcium and magnesium and caffeine within the recommended limits have the potential to reduce uric acid levels in the blood.
**Objective**: To determine the relationship between intake of purines, vitamin C, calcium, magnesium, and caffeine intake on uric acid levels in menopausal women in the Mampang sub-district health center
**Method**: The design of this study was cross-sectional. The sample used was menopausal women vulnerable to age 51-92 years totaling 70 people in the Mampang District Health Center. Data on intake of purines, vitamin C, calcium, magnesium, and caffeine were obtained by conducting interviews using semi-quantitative food frequency and uric acid levels using the Easy touch GCU tool. Bivariate analysis was performed using Pearson and Spearman correlation tests.
**Results**: There was a significant relationship between intake of purines, vitamin C and calcium on the uric acid level of menopausal women ($p = 0.003$; $p = 0.011$; $p = 0.037$ sequentially). But no association was found between magnesium and caffeine intake on uric acid levels in menopausal women ($p = 0.545$; $p = 0.250$ sequentially).
**Conclusion**: There was a significant relationship between intake of purines, vitamin C and calcium on uric acid levels in menopausal women and there was no significant relationship between magnesium and caffeine intake of menopausal women in the Mampang sub-district health center.

Keywords: Gout, Menopause, Micro Nutrient Intake, Hyperuricemia