

ABSTRAK

HUBUNGAN PENGETAHUAN IBU HAMIL TENTANG ASUPAN PURIN DENGAN KADAR ASAM URAT DI UPTD PUSKESMAS III DENPASAR UTARA

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Asam urat merupakan produk akhir dari metabolisme purin, dimana salah satu faktor yang berperan dalam peningkatan kadar asam urat adalah konsumsi purin yang berlebihan. Asupan purin yang tinggi dapat meningkatkan produksi asam urat dalam tubuh. Prevalensi peningkatan kadar asam urat pada ibu hamil masih sering terjadi, dan dalam klinis lanjut dapat menyebabkan preeklampsia. Hal ini dapat terjadi karena selama masa kehamilan terjadi penurunan kecepatan filtrasi glomerulus akibat adanya perubahan fungsi ginjal. Penelitian ini bertujuan untuk mengetahui hubungan tingkat pengetahuan ibu hamil tentang asupan purin dengan kadar asam urat di UPTD Puskesmas III Denpasar Utara. Penelitian ini merupakan penelitian observasional analitik dengan pendekatan *cross-sectional*. Sampel penelitian berjumlah 56 ibu hamil pada trimester II dan III yang dipilih menggunakan teknik *accidental sampling*. Data tingkat pengetahuan ibu hamil tentang asupan purin diperoleh melalui kuesioner, sedangkan kadar asam urat diukur melalui pemeriksaan darah kapiler dengan metode *Point of Care Testing* (POCT). Hasil penelitian menunjukkan 62,5% ibu hamil dengan pengetahuan baik dan 71% ibu hamil dengan kadar asam urat dalam batas normal. Hasil uji korelasi *Rank Spearman* didapatkan nilai signifikan $p=0,000$ dan nilai korelasi *Rank Spearman* sebesar $r = 0,915$ yang artinya ada hubungan yang signifikan antara pengetahuan ibu hamil tentang asupan purin dengan kadar asam urat, serta menunjukkan arah hubungan positif dan sangat kuat. Dengan pengetahuan yang baik, maka ibu hamil akan lebih selektif dalam memilih makanan yang dikonsumsi untuk mencegah terjadinya peningkatan kadar asam urat selama masa kehamilan.

Kata kunci: Asupan Purin, Ibu Hamil, Kadar Asam Urat, Pengetahuan

ABSTRACT

CORRELATION OF PREGNANT WOMEN'S KNOWLEDGE OF PURINE INTAKE WITH URIC ACID LEVELS AT UPTD PUSKESMAS III NORTH DENPASAR

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Uric acid is the end product of purine metabolism, where one of the factors that plays a role in increasing uric acid levels is excessive purine consumption. High purine intake can increase uric acid production in the body. The prevalence of increased uric acid levels in pregnant women is still common, and in advanced clinical cases can cause preeclampsia. This can happen because during pregnancy there is a decrease in the filtration speed of the glomerulus due to changes in kidney function. This study aims to determine the relationship between the level of knowledge of pregnant women about purine intake and uric acid levels at UPTD Puskesmas III North Denpasar. This study is an observational analytical research with a *cross-sectional approach*. The research sample amounted to 56 pregnant women in the second and third trimesters who were selected using *accidental sampling techniques*. Data on pregnant women's knowledge level about purine intake was obtained through questionnaires, while uric acid levels were measured through capillary blood tests using the *Point of Care Testing* (POCT) method. The results showed that 62.5% of pregnant women with good knowledge and 71% of human mothers with uric acid levels within normal limits. The results of the *Rank Spearman* correlation test obtained a significant value of $p = 0.000$ and a *Rank Spearman* correlation value of $r = 0.915$ which means that there is a significant relationship between knowledge about purine intake and uric acid levels, and shows the direction of a positive and very strong relationship. With good knowledge, pregnant women will be more selective in choosing the foods they consume to prevent an increase in uric acid levels during pregnancy.

Keywords: Purine Intake, Pregnant Women, Uric Acid Levels, Knowledge