HUBUNGAN ASUPAN KARBOHIDRAT, PROTEIN, LEMAK, AIR, INDEKS MASSA TUBUH DENGAN KADAR ASAM URAT PADA LAKI-LAKI DENGAN BERAT BADAN BERLEBIH

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DISUSUN OLEH

NOVA SATYA PRIHATININGSASI

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CORRELATION BETWEEN CARBOHYDRATE, PROTEIN, FAT, WATER INTAKE AND BODY MASS INDEKS WITH URIC ACID LEVEL OF OVERWEIGHT MAN

Nova satya P * Yekti wirawani **

ABSTRACT

Background: Gout is one of the degenerative diseases. One of the symptom of gout is increasing of blood uric acid level (hyperuricemia). There are some factors associated with hyperuricemia; age, history of family diseases, obesity (BMI), nutrient intake, water intake, medicine, and kidney disorder.

Objectives: To described correlation between carbohydrate, protein, fat, water intake, obesity (BMI) with occurrence of hyperuricemia in overweight man.

Method: This study design was cross sectional. Subject was 48 samples. The subjects were man employees of central java TVRI, by random sampling. Data collected were Carbohydrate, protein, fat, water intake were collected from recall 3x24 hours, BMI was measured by following anthropometric measurement (weight and height). Bivariate data were analyzed by statistic correlation test of pearson product moment test if the data were not normal and were analyzed rank spearman test if the data were not normal. Multivariate data were analyzed by multiple linier regression test.

Result: Most of subject 72,9% (n=35) had high were uric acid level. Bivariate test showed that there was correlation between carbohydrate, protein, fat intake, and BMI with uric acid level. There was no correlation between water intake with uric acid level. Multivariate analyzed showed that the most correlated variable to uric acid level were protein and fat with correlation coefficient 0,895 and R square adjusted 80,2% .

Conclusion: Most of subject 72,9% (n=35) had high uric acid level. The most correlated variable to uric acid level were protein and fat.

Keywords: Carbohydrate, protein, fat, water, BMI, uric acid

*   Student of Program in Nutrition Science of Medical Faculty Diponegoro University Semarang
** Lecture of Program in Nutrition Science of Medical Faculty Diponegoro University Semarang

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ABSTRAK

Latar Belakang : Penyakit gout merupakan salah satu penyakit degeneratif. Salah satu tanda dari penyakit gout adalah adanya kenaikan kadar asam urat dalam darah (hiperurisemia). Penyebab hiperurisemia ada beberapa faktor seperti usia, riwayat penyakit dalam keluarga, IMT, asupan makanan, asupan cairan, konsumsi obat, dan gangguan ginjal.

Tujuan : Mengetahui hubungan asupan karbohidrat, protein, lemak, air, IMT dengan kadar asam urat pada orang dengan kelebihan berat badan.

Metoda : Desain penelitian ini adalah *cross-sectional.* Subjek adalah 48 orang. Subjek adalah karyawan laki-laki TVRI Jawa Tengah. Pengambilan sample secara *random sampling*. Asupan karbohidrat, protein, lemak, dan cairan diperoleh melalui recall 3x24 jam menggunakan metode wawancara. IMT diukur berdasarkan pengukuran berat badan dan tinggi badan. Analisis data bivariat data berdistribusi normal menggunakan uji statistik korelasi *pearson product moment*, data tidak berdistribusi normal.menggunakan uji statistik korelasi *rank spearman* Analisis multivariat menggunakan uji regresi linier ganda.

Hasil : Sebagian besar subjek 72,9%(n=35) mempunyai kadar asam urat tinggi. Hasil uji bivariat menunjukan bahwa variable asupan karbohidrat, protein, lemak, IMT mempunyai hubungan dengan asam urat. Tidak terdapat hubungan antara asupan cairan dengan kadar asam urat. Analisis multivariat menunjukan variabel yang paling berpengaruh terhadap kadar asam urat adalah asupan protein dan lemak dengan nilai koefisien korelasi 0,895 dan R square adjusted sebesar 80,2%.

Simpulan : Sebagian besar subjek 72,9%(n=35) mempunyai kadar asam urat tinggi. Asupan protein dan lemak paling berpengaruh terhadap kadar asam urat.

Kata kunci : Karbohidrat, protein, lemak, air, IMT, asam urat

 * Mahasiswa Program Studi Ilmu Gizi Fakultas Kedokteran Universitas Diponegoro Semarang
** Dosen Program Studi Ilmu Gizi Fakultas Kedokteran Universitas Diponegoro Semarang