

ABSTRACT

THE EFFECT OF APPLE CIDER VINEGAR IN REDUCING URIC ACID LEVELS IN MONOPAUSAL WOMEN AT THE ELDERLY POSYANDU IN PASINAN HAMLET JABON VILLAGE DISTRICT, MOJOKERTO

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Uric acid is an acid that is formed as a result of purine metabolism inside the body. In menopausal women will be susceptible to acid disease muscle due to menopause woman experience a decrease in estrogen. The decline estrogen in menopausal women results in blood uric acid levels increases in the body and the risk of getting uric acid will be higher. This study aims to determine the effect of deep apple cider vinegar lowering uric acid levels in menopausal women at Posyandu Elderly Pasinan Hamlet, Jabon Village, Mojoanyar Distric, Mojokerto Regency. The research design used was a pre research one group pre test post test design experimental. The population in this study were 33 respondents, while the sample was used as many as 18 respondents who way the collection is done with consecutive sampling technique.data collection in this study using the SOP and the Easy Touch GCU observation sheet and measuring instrument. After the data was collected, the data were analyzed by means of editing, coding, tabulating then in percentage, then tested by the Paired T Test . The results showed that. After being given a drink of apple cider vinegar, some respondents had uric acid levels namely 11 respondents (61,1%) and high as many respondents (38,9%). It can be concluded that there is a decrease significant between uric acid levels in women before and menopauseafter being apple cider vinegar.the results of the paired T-test statistical test obtained p value (0,000) < α (0,05). There is an effect of apple cider vinegar in reducing levels uric acid in menopausal women at Posyandu Elderly, In Pasinan Hamlet Jabon Village District, Mojokerto Regency.

Keywords: Apple Cider Vinegar, Uric Acid, Menopause.

ABSTRAK

PENGARUH CUKA APEL DALAM MENURUNKAN KADAR ASAM URAT PADA WANITA MENOPAUSE DI POSYANDU LANSIA DUSUN PASINAN DESA JABON KECAMATAN MOJOANYAR KABUPATEN MOJOKERTO

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Asam urat adalah asam yang terbentuk akibat metabolisme purin dalam tubuh. Pada wanita menopause akan rentan terserang penyakit asam urat karena wanita menopause mengalami penurunan esterogen. Menurunnya esterogen pada wanita menopause mengakibatkan kadar asam urat darah akan meningkat didalam tubuh dan resiko terkena asam urat akan lebih tinggi. Penelitian ini bertujuan untuk mengetahui pengaruh cuka apel dalam menurunkan kadar asam urat pada wanita menopause di Posyandu Lansia Dusun Pasinan Desa Jabon Kecamatan Mojoanyar Kabupaten Mojokerto. Rancangan penelitian yang digunakan adalah rancangan penelitian pre eksperimental, dengan jenis penelitian one group pre post test design. Populasi dalam penelitian ini sebanyak 33 responden, sedangkan sampel yang digunakan sebanyak 18 responden yang cara pengambilannya dilakukan dengan teknik consecutive sampling. Pengumpulan data dalam penelitian ini menggunakan SOP dan lembar observasi dan alat ukur Easy Touch GCU. Setelah data terkumpul dilakukan analisa data dengan cara editing, coding, tabulating kemudian diprosentase, kemudian diuji dengan uji Paired T Test. Hasil penelitian menunjukkan bahwa setelah diberikan minuman cuka apel kadar asam urat sebagian responden yaitu normal sebanyak 11 responden (61,1%), dan tinggi sebanyak 7 responden (38,9%), maka dapat disimpulkan bahwa ada penurunan yang signifikan antara kadar asam urat pada wanita menopause sebelum dan sesudah diberikan cuka apel. Hasil uji statistik Paired T-test diperoleh nilai p value (0,000) < α (0,05), Ada pengaruh cuka apel dalam menurunkan kadar asam urat pada wanita menopause di Posyandu Lansia Dusun Pasinan Desa Jabon Kecamatan Mojoanyar Kabupaten Mojokerto.

Kata Kunci : Cuka Apel, Asam Urat, Menopause.