

ABSTRAK

HUBUNGAN DUKUNGAN KELUARGA DENGAN KEPATUHAN DIET RENDAH PURIN PADA LANSIA *GOUT ARTHRITIS* DI UPT PUSKESMAS PURI KABUPATEN MOJOKERTO

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Dukungan keluarga secara terus-menerus diperlukan agar penderita *gout arthritis* dapat melaksanakan kepatuhan terhadap diet yang dianjurkan. Lansia *gout arthritis* memiliki tingkat kepatuhan diet terendah dibandingkan dengan penyakit rematik lainnya dan banyak penyakit kronis lainnya seperti *hipertensi*, *hipotiroidisme*, *diabetes tipe 2*, *gout arthritis* merupakan penyakit dengan ketidakpatuhan tertinggi terhadap pengobatan, selain itu ketidakpatuhan terhadap diet rendah purin. Tujuan dari penelitian ini adalah untuk mengetahui hubungan dukungan keluarga dengan kepatuhan diet rendah purin pada lansia *gout arthritis* di UPT Puskesmas Puri Kabupaten Mojokerto. Desain penelitian analitik korelasi dengan pendekatan *Cross Sectional*. Populasinya sebagian lansia *gout arthritis* berumur 60-74 tahun yang berobat di UPT Puskesmas Puri Kabupaten Mojokerto. Sampel yang digunakan sebanyak 35 responden. Pengambilan sampel dengan *Consecutive Sampling*, alat ukur menggunakan kuisisioner. Hasil penelitian didapatkan bahwa hampir setengah menyatakan dukungan keluarga kurang sebanyak 16 responden (45,7%) dan hampir setengah menyatakan kepatuhan diet cukup sebanyak 14 responden (40%). Berdasarkan hasil analisa *cross tabulation* bahwa responden yang kurang patuh dengan yang memiliki dukungan keluarga kurang sebanyak 12 responden (75%) artinya dukungan keluarga kurang cenderung memiliki kepatuhan kurang dalam melaksanakan diet. Di harapkan Keluarga dapat lebih memberikan dukungan keluarga dalam bentuk memberikan pujian dan perhatian, tetap mencintai serta menyediakan sarana dan peralatan perawatan yang di perlukan oleh lansia dan selalu mengingatkan untuk kontrol diharapkan dapat meningkatkan kepatuhan diet rendah purin pada lansia *gout arthritis*.

Kata Kunci : Dukungan Keluarga, Kepatuhan Diet, Lansia.

ABSTRACT

RELATIONSHIP BETWEEN FAMILY SUPPORT AND DIET COMPLIANCE LOW DIET PURIN IN ELDERLY GOUT ARTHRITIS AT THE UPT PUSKESMAS PURI IN MOJOKERTO REGENCY.

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Family support is continually needed so that gout arthritis sufferers can implement recommended dietary adherence. Elderly with gout arthritis have the lowest dietary adherence compared to other rheumatic diseases and many other chronic diseases such as hypertension, hypothyroidism, type 2 diabetes, gout arthritis is the disease with the highest non-compliance with treatment, naddition, non-compliance with low purine diets. The purpose of this research is to find out relationship between family support and diet compliance low diet purin in elderly gout arthritis at the UPT Puskesmas Puri in Mojokerto Regency. The design of the analytical research of correlation with the Cross Sectional approach. The majority of the population is elderly gout arthritis aged 60-74 years who seek treatment at the UPT Puskesmas Puri in Mojokerto Regency. The sample used was 35 respondents. Sampling with consecutive sampling, measuring instruments using questionnaires. The results of the research found that almost half stated that there was a lack of family support of 16 respondents (45.7%) and almost half stated that adherence to the diet was quite 14 respondents (40%). Based on the results of the cross tabulation analysis that respondents who were less compliant with those who had less family support were 12 respondents (75%) it means that family support is less likely to have less compliance in carrying out a diet. It is hoped that the family can provide more family support in the form of giving praise and attention, still loving and providing care facilities and equipment needed by the elderly and always reminded that control is expected to increase compliance with low purine diets in elderly gout arthritis.

Keywords: Family Support, Diet Compliance, Elderly.