EFEKTIFITAS PEMBERIAN JUS NANAS DAN AIR REBUSAN DAUN SALAM TERHADAP KADAR ASAM URAT PADA LANSIA DI PUSKESMAS MAJALENGKA KABUPATEN MAJALENGKA TAHUN 2022

SKRIPSI

Diajukan untuk Memenuhi Salah Satu syarat
Memperoleh Gelar Sarjana Keperawatan
Pada Program Studi S1 Keperawatan
Sekolah Tinggi Ilmu Kesehatan
Kuningan

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PROGRAM STUDI S1 KEPERAWATAN
SEKOLAH TINGGI ILMU KESEHATAN KUNINGAN
KUNINGAN 2022

LEMBAR PENGESAHAN

EFEKTIFITAS PEMBERIAN JUS NANAS DAN AIR REBUSAN DAUN SALAM TERHADAP KADAR ASAM URAT PADA LANSIA DI PUSKESMAS MAJALENGKA TAHUN 2022

Skipsi ini telah diujikan oleh Tim Penguji

Program Studi S1 Keperawatan Sekolah Tinggi Ilmu Kesehatan Kuningan

Pada Juni 2022

Mengesahkan,

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Mengetahui,

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PROGRAM STUDI S1 KEPERAWATAN
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SKRIPSI, MEI 2022

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EFEKTIVITAS PEMBERIAN JUS NANAS DAN AIR REBUSAN DAUN SALAM TERHADAP KADAR ASAM URAT PADA LANSIA DI PUSKESMAS MAJALENGKA KABUPATEN MAJALENGKA TAHUN 2022

xvi + 6 bab + 96 halaman + 10 tabel + 3 bagan + 14 singkatan + 15 lampiran

ABSTRAK

Latar Belakang : Menurut WHO penderita asam urat sebanyak 47.150 juta jiwa, prevalensi di Indonesia sebanyak 13.6 juta jiwa. **Tujuan penelitian** ini untuk mengetahui efektivitas pemberian jus nanas dan air rebusan daun salam terhadap asam urat pada lansia di Puskesmas Majalengka.
Jenis penelitian *Quasi Eksperiment* dengan rancangan *Two Group Pretest Posttest Design.* Populasi penelitian ini 20 responden 10 responden kelompok intervensi 1 (pemberian jus nanas) dan 10 responden kelompok intervensi 2 (pemberian air rebusan daun salam) dengan kadar asam urat tinggi di wilayah kerja Puskesmas Majalengka periode Maret 2022.
Hasil Penelitian menunjukan bahwa hasil analisis jus nanas didapatkan p-value = 0,000 (<0,5) artinya ada pengaruh pengaruh pemberian jus nanas terhadap kadar asam urat pada lansia. Hasil analisis air rebusan daun salam didapatkan nilai p-value 0,000 (<0,5) artinya ada pengaruh pemberian air rebusan daun salam terhadap kadar asam urat pada lansia. Hasil analisis uji t tidak berpasangan diperoleh p-value 0,076 (>0,05) artinya tidak terdapat perbedaan efektivitas pemberian jus nanas dan air rebusan daun salam, keduanya sama-sama efektif dalam penurunan asam urat.

Berdasarkan hasil tersebut maka dianjurkan bagi penderita asam urat untuk menggunakan terapi jus nanas dan air rebusan daun salam sebagai terapi alternatif untuk menurunkan kadar asam urat.

Kata kunci : Asam Urat, Nanas, Daun Salam
Daftar Pustaka : 18 jurnal (2018-2021), 2 Buku (2006-2021)

STUDY PROGRAM OF NURSING SCIENCE
HEALTH SCIENCE COLLEGE OF KUNINGAN
SKRIPSI, MAY 2022

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EFFECTIVENESS OF GIVING PINEAPPLE JUICE AND BOILED WATER OF SALAM LEAVES ON URID ACID LEVELS IN ELDERLY AT THE MAJALENGKA HEALTH CENTER, MAJALENGKA REGENCY IN 2022

Xvi + 6 chapters + 96 pages + 10 tables + 3 charts +14 abbreviation + 15 attachments

ABSTRACT

Background : *According to WHO there are 47,150 million gout sufferes, the prevalance in Indonesia is 13.6 million.* ***The purpose of this study*** *was to determine the effectiveness of giving pineapple juice and boiled water of salam leaves on urid acid levels in elderly at the Majalengka Health Center.*
The type of research is *Quasi Eksperiment research with Two Group Pretest Posttest Design. The population of this study was elderly people, 10 people from intervention group 1 (giving pineapple juice) and 10 people from intervention group 2 (giving boiled water salam leaves) with high urid acid levels in the working area of Majalengka Health Center for the period March 2022.*
The results *showed that the analysis of pineapple juice obtained p-value = 0,000 (<0,5) meaning that there was an effect of giving pineapple juice on urid acid levels in the elderly. The result of the analysis of boiled water salam leaves obtained p-value = 0,000 (<0,5) meaning that there is an effect of giving boiled water salam leaves on urid acid levels in the elderly. The result of the unpaired t-test analysis obtained a p-value = 0,076 (>0,5) meaning that there was no difference in the effectiveness of giving pineapple juice and boiled water of salam leaves, both which were equally effective in reducing urid acid.*

Keywords : Urid Acid, Pineapple , Salam Leaves
Bibliography : 18 Journals (2018-2021), 2 Books (2006-2021)

DAFTAR ISI

LEMBAR PERSETUJUAN.....Error! Bookmark not defined.

LEMBAR PENGESAHAN.....**1**

KATA PENGANTAR.....Error! Bookmark not defined.

LEMBAR PERSEMBAHAN.....Error! Bookmark not defined.

LEMBAR PERNYATAAN.....Error! Bookmark not defined.

ABSTRAK.....**3**

ABSTRACT.....**4**

DAFTAR ISI.....**5**

DAFTAR TABEL.....Error! Bookmark not defined.

DAFTAR BAGAN.....Error! Bookmark not defined.

DAFTAR SINGKATAN.....Error! Bookmark not defined.

DAFTAR LAMPIRAN.....Error! Bookmark not defined.

BAB I PENDAHULUAN.....Error! Bookmark not defined.

1.1 Latar Belakang.....Error! Bookmark not defined.

1.2 Rumusan Masalah.....Error! Bookmark not defined.

1.3 Tujuan.....Error! Bookmark not defined.

1.3.1 Tujuan Umum.....Error! Bookmark not defined.

1.3.2 Tujuan Khusus.....Error! Bookmark not defined.

1.4 Manfaat.....Error! Bookmark not defined.

1.4.1 Manfaat Teoritis.....**Error! Bookmark not defined.**

1.4.2 Manfaat Praktis.....**Error! Bookmark not defined.**

1.5 Keaslian Penelitian.....Error! Bookmark not defined.

BAB II TINJAUAN PUSTAKA.....Error! Bookmark not defined.

2. 1 Asam Urat.....Error! Bookmark not defined.

2.1.1 Definisi Asam Urat .....Error! Bookmark not defined.

2.1.2 Etiologi Asam Urat .....**Error! Bookmark not defined.**

2.1.3 Patofisiologi.....**Error! Bookmark not defined.**

2.1.4 Faktor Resiko Asam Urat.....**Error! Bookmark not defined.**

2.1.5 Manifestasi Klinis Asam Urat .....**Error! Bookmark not defined.**

2.1.1 Penatalaksanaan Asam Urat .....**Error! Bookmark not defined.**

2.1.1 Gejala Asam Urat.....**Error! Bookmark not defined.**

2. 2 Konsep Lansia .....Error! Bookmark not defined.

2.2.1 Definisi Lansia.....**Error! Bookmark not defined.**

2.2.2 Teori-Teori Tentang Lansia.....**Error! Bookmark not defined.**

2.2.3 Klasifikasi Lansia .....**Error! Bookmark not defined.**

2.2.4 Perubahan-Perubahan Pada Lansia.....**Error! Bookmark not defined.**

2.2.5 Permasalahan Yang Terjadi Pada Lansia**Error! Bookmark not defined.**

2. 3 Nanas .....Error! Bookmark not defined.

2.3.1 Karakteristik .....**Error! Bookmark not defined.**

2.3.2 Kandungan Nanas .....**Error! Bookmark not defined.**

2.3.3 Manfaat Nanas.....**Error! Bookmark not defined.**

2.3.4 Efek Samping Nanas.....**Error! Bookmark not defined.**

2.3.5 Prosedur Pemberian Jus Nanas.....**Error! Bookmark not defined.**

2. 4 Daun Salam .....Error! Bookmark not defined.

2.4.1 Karakteristik Daun Salam .....**Error! Bookmark not defined.**

2.4.2 Kandungan Daun Salam.....**Error! Bookmark not defined.**

2.4.3 Manfaat Daun Salam.....**Error! Bookmark not defined.**

2.4.4 Efek Samping Daun Salam.....**Error! Bookmark not defined.**

2.4.5 Prosedur Pemberian Rebusan Daun Salam**Error! Bookmark not defined.**

BAB III KERANGKA KONSEP, DEFINISI OPERASIONAL, DAN HIPOTESIS

..... Error! Bookmark not defined.

3.1 Kerangka Konsep ..... Error! Bookmark not defined.

3.2 Definisi Operanional ..... Error! Bookmark not defined.

3.3 Hipotesis ..... Error! Bookmark not defined.

BAB IV METODOLOGI PENELITIAN ..... Error! Bookmark not defined.

4.1 Jenis dan Rancangan Penelitian ..... Error! Bookmark not defined.

4.2 Variabel Penelitian ..... Error! Bookmark not defined.

4.2.1 Variabel Independen ..... **Error! Bookmark not defined.**

4.2.2 Variabel Dependen..... **Error! Bookmark not defined.**

4.3 Populasi dan Sampel Penelitian ..... Error! Bookmark not defined.

4.3.1 Populasi ..... **Error! Bookmark not defined.**

4.3.2 Sampel..... **Error! Bookmark not defined.**

4.4 Instrumen Penelitian ..... Error! Bookmark not defined.

4.5 Teknik Pengambilan Data ..... Error! Bookmark not defined.

4.5.1 Data Primer..... **Error! Bookmark not defined.**

4.5.2 Data Sekunder..... **Error! Bookmark not defined.**

4.6 Teknik Analisis Data ..... Error! Bookmark not defined.

4.6.1 Tata Cara Pengambilan Data ..... **Error! Bookmark not defined.**

4.6.2 Teknis Pengolahan Data..... **Error! Bookmark not defined.**

4.7 Rancangan Analisis Data ..... Error! Bookmark not defined.

4.7.1 Analisis Univariat ..... **Error! Bookmark not defined.**

4.7.2 Analisis Bivariat ..... **Error! Bookmark not defined.**

4.8 Etika Penelitian ..... Error! Bookmark not defined.

4.9 Tempat, Waktu dan Jadwal Penelitian ..... Error! Bookmark not defined.

4.9.1 Tempat Penelitian .....**Error! Bookmark not defined.**

4.9.2 Waktu Penelitian.....**Error! Bookmark not defined.**

4.9.3 Jadwal Penelitian .....**Error! Bookmark not defined.**

BAB V HASIL PENELITIAN DAN PEMBAHASAN Error! Bookmark not defined.

5.1 Hasil Penelitian..... Error! Bookmark not defined.

5.2 Pembahasan..... Error! Bookmark not defined.

5.3 Keterbatasan Penelitian..... Error! Bookmark not defined.

BAB VI SIMPULAN DAN SARAN ..... Error! Bookmark not defined.

6.1 Simpulan..... Error! Bookmark not defined.

6.2 Saran..... Error! Bookmark not defined.

DAFTAR PUSTAKA

LAMPIRAN