

**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

Skripsi ini telah diujikan oleh Tim Pengaji

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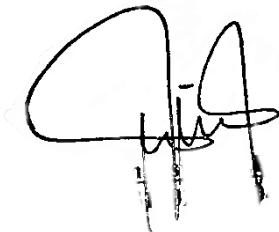
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Mengesahkan,

Pengaji I



Pengaji II



Pengaji III



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**PROGRAM STUDI S1 KEPERAWATAN  
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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 sufferers, the prevalence 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)

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