

**RELATIONSHIP OF DIET WITH URIC ACID LEVELS
IN THE COMMUNITY IN DUKUH GENDENGAN
WIRUN VILLAGE MOJOLABAN**

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ABSTRACT

Background: Gout is a disease that attacks joint due to the accumulation of purine in the body. Many people today have high uric acid levels because they are influenced by unhealthy diet factors. **Objective:** To determine the relationship between diet and uric acid levels in the community in gendengan hamlet, wirun mojolaban village. **Method:** This research is a quantitative research that uses a correlation method with a cross sectional approach, the number of respondent in this study was 87, using a purposive sampling technique. The instruments used were a questionnaire to measure eating patterns and the GCU tool from essay touch to measure uric acid levels. **Results:** This research shows that the people’s eating patterns are in the unhealthy category of 36 (41,4%) respondent, and the people’s uric acid levels are in the high category of 51 (58,6%) respondent. The results of the statistical analysis of the spearman rho test showed that $\alpha=0,000 < 0,05$ and the direction of the relationship between the coefficient numbers is -0,706, so the relationship between these two variables is in the opposite direction. This shows that the more you maintain a healthy diet, the lower incidence of gout. **Conclusion:** There is a relationship between diet and uric acid levels in the community in gendengan hamlet, wirun mojolaban village.

Keywords: Diet, Uric Acid Levels