

**PROGRAM STUDI S1 KEPERAWATAN
FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

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Pengaruh Rebusan Daun Salam Terhadap Kadar Asam Urat Pada Penderita Gout Atritis Di Wilayah Kerja Puskesmas Kota Pekanbaru

xiii + 61 Halaman + 2 Skema + 14 Tabel + 4 Gambar + 16 Lampiran

ABSTRAK

Gout Arthritis merupakan penyakit yang disebabkan ketika ginjal tidak mampu bekerja dengan seimbang untuk mengeluarkan zat asam urat di dalam darah melalui urin. Akibatnya terjadi penumpukkan dalam bentuk kristal-kristal monosodium urat (MSU) pada persendian bahkan di dalam ginjal dan mengakibatkan peradangan sendi serta peningkatan kadar asam urat di dalam darah. Salah satu terapi komplementer yang digunakan untuk menurunkan kadar asam urat yaitu daun salam. Tujuan penelitian untuk mengetahui pengaruh rebusan daun salam terhadap kadar asam urat pada penderita gout atritis di wilayah kerja Puskesmas Payung Sekaki Kota Pekanbaru. Desain penelitian yang digunakan *quasy eksperimental* dengan rancangan penelitian *time series*. Sampel penelitian adalah penderita gout atritis berjumlah 18 responden dengan menggunakan teknik *purposive sampling*, dibagi menjadi dua kelompok, kelompok intervensi dan. Data dianalisis menggunakan Uji *T-dependen* dan *T-Independen*. Hasil Uji *T-dependen* pada kelompok intervensi didapatkan hari pertama dengan nilai signifikan (0,000), hari kedua (0,000), hari ketiga (0,000) dan hari keempat (0,000) didapatkan *p* value ($< 0,05$) artinya ada pengaruh rebusan daun salam terhadap kadar asam urat. Sementara pada kelompok kontrol didapatkan hari pertama dengan nilai signifikan (0,609), hari kedua (0,870), hari ketiga (0,910) hari keempat (0,377) didapatkan *p* value ($> 0,05$) artinya tidak ada pengaruh rebusan daun salam terhadap kadar asam urat. Hasil uji *T-independen* pada kelompok intervensi dan kelompok kontrol dengan nilai signifikan hari pertama (0,000), hari kedua (0,000), hari ketiga (0,000), dan hari keempat (0,000), artinya *p* value ($< 0,05$) sehingga ada perbedaan pengaruh rebusan daun salam terhadap kadar asam urat pada hari pertama hingga hari keempat

Kata Kunci : Rebusan Daun Salam, Kadar Asam Urat, Gout Arthritis
Referensi : 67 Referensi (2016-2024)

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*Effect Of Leaf Boiling Regarding Uric Acid Levels in Gout Arthritis Patients in
Work Area Payung Sekaki Health Center Pekanbaru City*

xiii + 61 Pages + 2 Schemes + 14 Tables + 4 Pictures + 16 Attachments

ABSTRACT

Gout Arthritis is a disease caused when the kidneys are unable to work in a balanced manner to excrete uric acid in the blood through urine. As a result, there is a buildup in the form of monosodium urate (MSU) crystals in the joints and even in the kidneys, resulting in joint inflammation and an increase in uric acid levels in the blood. One of the complementary therapies used to reduce uric acid levels is bay leaves. The aim of the research was to determine the effect of boiled bay leaves on uric acid levels in gouty arthritis sufferers in the working area of the Payung Sekaki Community Health Center, Pekanbaru City. The research design used was quasi experimental with a time series research design. The research sample was 18 respondents with gout and arthritis using purposive sampling technique, divided into two groups, the intervention group and. Data were analyzed using T-dependent and T-Independent tests. The results of the T-dependent test in the intervention group were obtained on the first day with a significant value (0.000), on the second day (0.000), on the third day (0.000) and on the fourth day (0.000) the p value was obtained (< 0.05), meaning there was an effect of boiled bay leaves. on uric acid levels. Meanwhile, in the control group, the first day had a significant value (0.609), the second day (0.870), the third day (0.910), the fourth day (0.377), the p value was obtained (> 0.05), meaning there was no effect of boiled bay leaves on uric acid levels. . Independent T-test results in the intervention group and control group with significant values on the first day (0.000), second day (0.000), third day (0.000), and fourth day (0.000), meaning p value (< 0.05) so there is Differences in the effect of boiled bay leaves on uric acid levels on the first day to the fourth day

Keywords : Boiled Bay Leaves, Uric Acid, Gout Arthritis
References : 67 References (2016-2024)