ABSTRAK

Amelia Meisha Eka Putri
PENGARUH *ERGONOMIC EXERCISE* TERHADAP PERUBAHAN KADAR ASAM URAT PADA LANSIA DI WILAYAH KERJA PUSKESMAS KALIJUDAN
xv + 81 Halaman + 11 Tabel + 19 Lampiran

Kadar asam urat tinggi merupakan keadaan yang kerap ditemui pada lansia akibat penurunan fungsi ginjal dan kurangnya aktivitas fisik. *Ergonomic Exercise* adalah latihan fisik sederhana yang dapat meningkatkan sirkulasi dan metabolisme sehingga berpotensi asam urat menurun. Penelitian ini memiliki tujuan menganalisis pengaruh *ergonomic exercise* terhadap perubahan asam urat serum yang terjadi pada usia lansia di Wilayah Kerja Puskesmas Kalijudan. Studi penelitian ini menerapkan desain pre-eksperimental pretest–posttest dengan 30 responden berusia 45–70 tahun yang diseleksi melalui proses *purposive sampling*. Variabel bebas pada penelitian yang dilakukan adalah *Ergonomic Exercise*, sementara itu, kadar asam urat ditetapkan sebagai variabel dependen dalam penelitian ini. Data dikumpulkan melalui wawancara serta pengecekan kadar asam urat *pre- test* dan *post- tes* dilakukannya senam. Analisis penelitian ini dengan uji *Paired T-Test*. Hasil dalam penelitian menyatakan kadar asam urat mengalami penurunan dari 7,6 mg/dL menjadi 6,123 mg/. Hasil pengukuran menunjukkan nilai rata-rata asam urat mengalami penurunan dari 7,6 mg/dL menjadi 1,25 mg/dL. Uji statistik menunjukkan $p = 0,000$ ($p < 0,05$), yang mengindikasikan adanya pengaruh secara signifikan *ergonomic exercise* terhadap penurunan nilai asam urat. *Ergonomic exercise* efektif sebagai intervensi nonfarmakologis dan dapat direkomendasikan dalam pengendalian asam urat di komunitas.

Kata Kunci: *Ergonomic Exercise*, Asam urat, Pra lansia, Lansia, Aktivitas fisik.
Daftar Bacaan:

ABSTRACT

Amelia Meisha Eka Putri
THE INFLUENCE OF ERGONOMIC EXERCISE CHANGES ON SERUM URID ACID AMONG OLDER ADULTS WITHIN THE KALIJUDAN PUBLIC HEALTH CENTER REGION
xvi + 81 *Pages* + 11 *Tables* + 19 *Appendices*

Elevated uric acid levels frequently are often experienced by the elderly due to declining kidney function and lack of physical activityy. Ergonomic Exercise represents a simple and practical physical exercise that may enhance blood circulation and metabolic processes, thereby contributing to the reduction of serum uric acid. This research aimed to examine the effect of Ergonomic Exercise on changes in uric acid levels among elderly individuals in the Kalijudan Primary Health Care area. The method used pre-experimental (before) pretest and (after) posttest design with 30 respondents aged 45–70 years. Were identified through purposive sampling criteria. The independent variable was ergonomic exercise, meanwhile, uric acid levels functioned as the dependent variable. Data were collected through interviews and uric acid measurements before and after the exercise, then statistically tested with the Paired T-Test. This research evidenced a significant drop in mean uric acid from 7.6 mg/dL prior to the intervention to 6.123 mg/dL afterward, with an average reduction of 1.25 mg/dL. Statistical tests showed $p = 0.000$ ($p < 0.05$), which demonstrates a substantial influence of Ergonomic Exercise on reducing uric acid levels. Ergonomic Exercise is an effective non-pharmacological approach and may be recommended as part of community-based strategies for controlling uric acid levels.

Keywords: Ergonomic Exercise, Uric acid, Pre-elderly, Elderly, Physical activity.
References: