

ABSTRACT

NANDRI SULISTYWATI TANE. Relationship between Nutritional Status and Ghout Arthritis Incidence Rate in the Elderly in the Working Area of Telaga Health Center. Supervised by HAMNA VONNY LASANUDDIN as chairman and HARISMAYANTI as member.

In the elderly there is a decline in cells due to the aging process which results in the emergence of various kinds of diseases thus it is very important to improve nutrition in the elderly, but if the elderly experience excess nutrition it can cause other diseases such as gout arthritis. The research objective was to determine the relationship between nutritional status and the incidence of ghout arthritis in the elderly. The research used cross sectional research design with chi square test. The number of samples is 38 people, the sampling technique is purposive sampling. The results of the chi square analysis showed the value of $p = 0.000 < 0.05$. Therefore it can be concluded there is a relationship between nutritional status and the incidence of ghout arthritis in the elderly in the Telaga Health Center Work Area. Suggestions are expected for families to pay attention to diet and support the elderly to carry out routine checks thus the nutritional status and health of the elderly are monitored.

Keywords: *Ghout Arthritis, Elderly, Nutritional Status.*

ABSTRAK

NANDRI SULISTYWATI TANE. Hubungan Status Gizi dengan Angka Kejadian *Ghout Arthritis* pada Lansia di Wilayah Kerja Puskesmas Telaga. Dibimbing oleh HAMNA VONNY LASANUDDIN sebagai ketua dan HARISMAYANTI sebagai anggota.

Pada lanjut usia terjadi kemunduran sel-sel karena proses penuaan yang berakibat timbulnya berbagai macam penyakit sehingga sangat penting memperbaiki gizi pada lansia, namun apabila lansia mengalami gizi lebih dapat menimbulkan penyakit lain seperti *ghout arthritis*. Tujuan penelitian untuk mengetahui hubungan status gizi dengan angka kejadian *ghout arthritis* pada lansia. Desain penelitian *cross sectional* dengan uji *chi square*. Jumlah sampel 38 orang, tehnik pengambilan sampel *purposive sampling*. Hasil analisis *chi square* menunjukkan nilai $p=0,000 < 0,05$. Sehingga disimpulkan terdapat hubungan status gizi dengan angka kejadian *ghout arthritis* pada lansia di Wilayah Kerja Puskesmas Telaga. Saran diharapkan kepada keluarga agar memperhatikan pola makan dan mendukung lansia melakukan pemeriksaan rutin agar status gizi serta kesehatan lansia terpantau.

Kata Kunci : *Ghout Arthritis, Lansia, Status Gizi*