

ABSTRAK

PENGARUH SENAM LING TIEN KUNG TERHADAP PENURUNAN KADAR ASAM URAT PADA LANSIA DENGAN GOUT ARTHRITIS DI KOMUNITAS LING TIEN KUNG

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Peningkatan kadar asam urat membuat lansia mulai mengurangi aktivitas dikarenakan terkadang merasakan nyeri pada bagian persendian. Peningkatan kadar asam urat juga dapat menimbulkan *gout arthritis* yang dapat menyebabkan nyeri pada sendi. Penelitian ini bertujuan untuk mengetahui pengaruh senam ling tien kung terhadap penurunan kadar asam urat pada lansia dengan gout arthritis di komunitas Ling Tien Kung. Penelitian ini merupakan penelitian dengan desain pra eksperimental dengan bentuk desain penelitian adalah *one group pre test post test*. Variable dari penelitian ini adalah tingkat asam urat pada lansia dengan gout arthritis sebagai variabel dependen dan senam Ling Tien Kung sebagai variabel independen. Responden penelitian ini adalah lansia yang mengikuti Komunitas Ling Tien Kung. Jumlah populasi adalah 45 orang. Teknik pengambilan sampel yang digunakan adalah *purposive sampling*. Pengumpulan data menggunakan lembar observasi. Analisa data yang digunakan adalah analisis univariat dan analisis bivariante. Sebelum diberikan perlakuan senam Ling Tien Kung sebagian besar lansia memiliki kadar asam urat tinggi sebanyak 17 lansia. Setelah diberikan perlakuan senam Ling Tien Kung didapatkan penurunan kadar asam urat sebanyak 11 lansia. Hasil uji *paired T test*, didapatkan *p-value* = 0,000 (<0,05), artinya H1 diterima. Terdapat pengaruh senam Ling Tien Kung terhadap penurunan kadar asam urat pada lansia dengan Gout Arthritis sehingga diharapkan senam Ling Tien Kung dapat digunakan sebagai upaya non farmakologis untuk menurunkan kadar asam urat pada lansia

Kata Kunci : Kadar asam urat, Ling Tien Kung, Gout Arthritis

ABSTRACT

THE EFFECT OF LING TIEN KUNG EXERCISE ON REDUCING URIC ACID LEVELS IN ELDERLY PEOPLE WITH GOUT ARTHRITIS IN THE LING TIEN KUNG COMMUNITY

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Increased uric acid levels make the elderly begin to reduce activity because they sometimes feel pain in the joints. Increased uric acid levels can also cause gouty arthritis which can cause pain in the joints. This study aims to determine the effect of ling tien kung gymnastics on reducing uric acid levels in the elderly with gouty arthritis in the Ling Tien Kung community. This research is a pre-experimental design with the form of research design is one group pre test post test. The variable of this research is the level of uric acid in the elderly with gouty arthritis as the dependent variable and Ling Tien Kung gymnastics as the independent variable. Respondents of this study were elderly people who participated in the Ling Tien Kung Community. This research is a pre-experimental design with the form of research design is one group pre test post test. The variable of this research is the level of uric acid in the elderly with gouty arthritis as the dependent variable and Ling Tien Kung gymnastics as the independent variable. Respondents of this study were elderly people who participated in the Ling Tien Kung Community. The total population is 45 people. The sampling technique used was purposive sampling. Data collection using observation sheets. Data analysis used is univariate analysis and bivariate analysis. Before being given the Ling Tien Kung gymnastics treatment, most of the elderly had high uric acid levels as many as 17 elderly. After being given the Ling Tien Kung gymnastics treatment, a decrease in uric acid levels was obtained as many as 11 elderly people. The results of the paired T test, obtained p-value = 0.000 (<0.05), means H1 is accepted. There is an effect of Ling Tien Kung gymnastics on reducing uric acid levels in the elderly with Gout Arthritis so it is hoped that Ling Tien Kung gymnastics can be used as a non-pharmacological effort to reduce uric acid levels in the elderly.

Keywords : *Uric acid, Ling Tien Kung, Gout Arthritis*