

## ABSTRAK

Kopi menjadi minuman yang disukai semua kalangan masyarakat. Kopi menurut proses produksi dibagi menjadi 2 yaitu diproduksi oleh pabrikan dikenal dengan kopi sachet, ada pula masyarakat yang mengolahnya secara tradisional sehingga menghasilkan kopi bubuk atau kopi industri rumahan. Penyakit asam urat hingga saat ini menjadi masalah kesehatan utama dalam masyarakat. Faktor yang membuat kadar asam urat meningkat yaitu mengonsumsi makanan tinggi purin secara berlebihan misalnya daging merah, udang, kol dan kangkung. Salah satu terapi alami yang dipercaya dapat menurunkan resiko asam urat yaitu dengan mengonsumsi kopi. Penelitian ini bertujuan untuk mengetahui perbedaan kadar asam urat pada peminum kopi sachet dengan peminum kopi industri rumahan. Jenis penelitian observasional dengan rancangan *cross sectional*. Populasi penelitian sebanyak 38 orang masyarakat peminum kopi di Kecamatan Gubeng, Kota Surabaya. Penelitian dilakukan di Laboratorium Bakti Analisa Surabaya bulan April 2023. Variabel penelitian adalah kadar asam urat pada peminum kopi sachet dan kadar asam urat pada peminum kopi industri rumahan yang nantinya akan dianalisa data uji *One Way Anova*. Hasil penelitian didapatkan kadar asam urat masyarakat peminum kopi sachet dengan jumlah minum 3 gelas memiliki rata-rata 7.66 mg/dl, jumlah minum 4 gelas rata-rata 6.72 mg/dl, dan jumlah minum 5 gelas rata-rata 7.28 mg/dl. Kadar asam urat masyarakat peminum kopi industri rumahan dengan jumlah minum 3 gelas rata-rata 5.84 mg/dl, jumlah minum 4 gelas rata-rata 5.85 mg/dl, jumlah minum 5 gelas rata-rata 5.4 mg/dl dan jumlah minum >5 gelas rata-rata 3.86 mg/dl. Uji statistik menyatakan kadar asam urat masyarakat peminum kopi jumlah minum sehari 3,4,dan 5 gelas tidak memiliki perbedaan bermakna nilai  $p = 0.602$ , kadar asam urat masyarakat peminum kopi industri rumahan jumlah minum 3,4,5, dan >5 gelas tidak memiliki perbedaan bermakna nilai  $p = 0.070$ .

**Kata kunci :** Peminum Kopi Sachet, Peminum Kopi Industri Rumahan, Asam Urat

## ABSTRACT

Coffee is a drink that is liked by all people. Coffee according to the production process is divided into 2, namely produced by manufacturers known as sachet coffee, there are also people who process it traditionally so as to produce ground coffee or home industry coffee. Gout is currently a major health problem in society. Factors that increase uric acid levels include consuming foods high in purines, such as red meat, shrimp, cabbage and kale. One natural therapy that is believed to reduce the risk of gout is by consuming coffee. This study aims to determine differences in uric acid levels in sachet coffee drinkers and home industry coffee drinkers. This type of observational research with cross sectional design. The study population was 38 coffee drinkers in Gubeng District, Surabaya City. The research was conducted at the Bakti Analisa Laboratory in Surabaya in April 2023. The research variables were uric acid levels in sachet coffee drinkers and uric acid levels in home industry coffee drinkers which will later be analyzed by One Way Anova test data. The results showed that the uric acid levels of coffee sachet drinkers with a total of 3 glasses of drinking had an average of 7.66 mg/dl, an average of 4 glasses of 6.72 mg/dl, and an average of 7.28 mg/dl of 5 glasses. The uric acid level of the home industry coffee drinkers with an average of 3 glasses of 5.84 mg/dl, an average of 4 cups of 5.85 mg/dl, an average of 5 cups of 5.4 mg/dl and >5 glasses of 3.86 mg/dl. Statistical tests revealed that the uric acid levels of the coffee drinkers who drank 3.4 and 5 glasses a day did not have a significant difference in the value of  $p = 0.602$ , the uric acid levels of the people who drank coffee in the home industry drank 3.4.5 cups and >5 glasses did not have a significant difference in the value of  $p = 0.070$ .

**Keywords :** Sachet Coffee Drinkers, Home Industry Coffee Drinkers, Uric Acid