

ABSTRAK

Sopi adalah jenis minuman beralkohol tradisional yang berasal dari sadapan bunga lontar. Salah satu bagian penting dari lontar yaitu air nira. Air nira tersebut yang akan difermentasi dan didistilasi, yang kemudian akan menghasilkan minuman Sopi dengan kadar alkohol mencapai 20-50%. Asam urat merupakan salah satu hasil dari metabolisme protein. Meningkatnya kadar asam urat dalam darah (hiperurisemia) disebabkan oleh beberapa faktor yaitu laju metabolisme purin, fungsi dari ginjal, asupan makanan serta aktivitas fisik dan beberapa faktor lain.

Tujuan penelitian ini adalah untuk mengetahui hubungan kebiasaan konsumsi minuman Sopi dengan kadar asam urat. Penelitian ini termasuk kuantitatif dengan jenis observasional analitik serta rancangan cross sectional yang bertujuan untuk menganalisa korelasi antara faktor sebab dan akibat dari suatu masalah kesehatan. Penelitian dilakukan pada April hingga Mei 2023. Pemeriksaan kadar asam urat dilakukan di Laboratorium Bakti Analisa Surabaya. Objek pada penelitian yaitu pria yang mengonsumsi minuman Sopi dengan jumlah 43 responden. Analisis data yang digunakan yaitu uji statistika Chi-square.

Dari hasil pemeriksaan kadar asam urat didapatkan bahwa rata-rata kadar asam urat pria yang mengonsumsi minuman Sopi sebesar 6,54 mg. Hasil analisis menunjukkan bahwa tidak terdapat hubungan yang signifikan antara kebiasaan konsumsi Sopi dengan kadar asam, didapatkan hasil analisis kategori lama konsumsi, kategori frekuensi konsumsi Sopi dan jumlah Sopi yang dikonsumsi dengan nilai signifikansi $> 0,05$.

Kata Kunci : *Sopi, Konsumsi Sopi, Asam Urat*

ABSTRACT

Sopi is a type of traditional alcoholic drink that comes from saplings of lontar flowers. One important part of the lontar is water sap. The sap water will be fermented and distilled, which will then produce a Sopi drink with an alcohol content ranging from 20-50. Uric acid is the breakdown of purine compounds in the body or residue from protein metabolism. Increased levels of uric acid in the blood (hyperuricemia) depend on the function of the kidneys, the rate of purine metabolism and intake of foods containing purines. Several factors can affect uric acid in the blood including alcohol, body mass index, age, physical activity, hypertension, impaired kidney function and taking certain drugs.

The purpose of this study was to determine the relationship between Sopi drink consumption habits and uric acid levels. This research is a quantitative study with an analytic observational design with a cross sectional approach design that aims to see a health phenomenon occur and then perform a correlation analysis between risk factors and effect factors. Research conducted from April to May 2023. Examination of uric acid levels was carried out at the Bakti Analisa Laboratory in Surabaya. The objects in the study were men who consumed Sopi drinks with a total of 43 respondents. The data analysis used was the Chi-square statistical test .

From the results of examining uric acid levels, it was found that the average uric acid level of men who consumed Sopi drinks was 6.54 mg. The results of the analysis showed that there was no significant relationship between Sopi consumption habits and acid levels. The results of the analysis of the consumption duration category, the Sopi consumption frequency category and the number of Sopi consumed with a significance value of > 0.05 .

Keywords: Sopi, Sopi Consumption, Uric Acid