**Hubungan Aktivitas Fisik, Asupan Purin dan Status Gizi Terhadap Kadar Asam Urat Pasien Hiperurisemia di Puskesmas Asembagus Kabupaten Situbondo (***Correlation between Physical Activity, Purine Intake and Nutritional Status on Uric Acid Levels in Hyperuricemia Patients at the Asembagus Health Center, Situbondo Regency*).

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## *ABSTRACT*

*Hyperuricemia is a disease caused by an increase in uric acid levels above normal in the blood. It is said to be hyperuricemia if uric acid levels are >7 mg/dl in men and >5.7 mg/dl in women. Increased uric acid in the blood is caused by increased production and decreased uric acid excretion. Physical activity is a body movement that can trigger muscle work in the body and can increase energy and energy expenditure in the body. Purines are nucleotide molecules that will be oxidized to turn into uric acid. Nutritional status is a condition caused by a balance between intake of nutrients from food and the need for nutrients in the body. Based on data from the Situbondo District Health Office, the Asembagus Health Center has the highest rate of gout or hyperuricemia cases. This study aims to analyze the relationship between physical activity, purine intake and nutritional status on uric acid levels in hyperuricemia patients at the Asembagus Health Center, Situbondo Regency. This research method uses a cross-sectional analytic research design. Subjects needed in this study were 76 hyperuricemia patients aged >45 years, with purposive sampling method for taking subjects. The results of the data analysis of the Spearman's Rho correlation test on the relationship between physical activity and uric acid levels obtained a p-value of 0.153 (> 0.05) which indicated that there was no relationship between physical activity and uric acid levels. Analysis of the Spearman's Rho correlation test on the relationship between purine intake and uric acid levels obtained a p-value of 0.000 (<0.05) which indicated that there was a relationship between purine intake and uric acid levels. Analysis of the Spearman's Rho correlation test on the relationship between nutritional status and uric acid levels obtained a p-value of 0.007 (<0.05) which indicated that there was a relationship between nutritional status and uric acid levels. The conclusion of this study shows that there is no relationship between physical activity, there is a relationship between purine intake and nutritional status on uric acid levels in hyperuricemia patients at the Asembagus Health Center, Situbondo Regency.*

Keywords: *Hyperuricemia, Uric Acid, Physical Activity, Purine Intake, Nutritional Status.*