

The Effect of Broccoli (*Brassica oleracea L.*) Giving on Uric Acid Levels of Hyperuricemia Patients

(Case Study at the Posyandu for Elderly in the Working Area of the Ajung Community Health Center in Jember Regency)

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ABSTRACT

*Gout (gout) is a disease characterized by sudden, recurrent attacks, and is accompanied by arthritis that is very painful because of the deposits of monosodium urate or uric acid collected in the joint as a result of high levels of uric acid in the blood. Under normal circumstances, uric acid is excreted with urine through the kidneys. The purpose of this study is to differentiate the administration of broccoli (*Brassica oleracea L.*) to uric acid levels in patients with hyperuricemia. This type of research uses a Quasi Experiment design with Pretest-Posttest with Control Group design. The sampling technique used was purposive sampling with a total sample of 38 gout sufferers divided into 2 groups: 19 treatment group respondents and 19 control group respondents. Broccoli juice taken as much as 168 grams a day for 14 days. The results of the 14-day study using the Independent T test showed that the p value showed a number of 0.022 (p value <0.05), meaning that the value showed a significant difference between the male control group and the male intervention group after administration broccoli. While the analysis of the Independent T-Test in the female group showed the value of p value showed a number of 0.029 (p value <0.05), meaning that there was a significant difference between the data of the female control group and the women's intervention group after broccoli extract.*

Keywords: *gout, hyperuricemia, broccoli*

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