

***THE RELATIONSHIP BETWEEN HIGH PURINE FOOD CONSUMPTION  
BEHAVIOR AND NUTRITIONAL STATUS WITH THE OCCURRENCE OF  
GOUT IN STUDENTS OF THE INFORMATION TECHNOLOGY  
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***ABSTRACT***

*Gout is a health problem that has become increasingly prevalent among young adults, particularly males. This condition is influenced by the consumption of high-purine foods, which are metabolized into uric acid, as well as nutritional status, with overweight individuals having a higher risk of developing hyperuricemia. This study aimed to analyze the relationship between high-purine food consumption behavior, nutritional status, and the incidence of gout among young adults. This study employed an observational analytic design with a cross-sectional approach and was conducted in April 2026 at the Department of Information Technology, Politeknik Negeri Jember. The study population consisted of students from the 2022–2025 cohorts of the Department of Information Technology, totaling 3,648 students. The sample size of 95 participants was determined using the Lemeshow formula, and respondents were selected through a stratified proportionate simple random sampling technique. Statistical analysis was performed using the Chi-square test with SPSS version 26. The results showed no significant relationship between high-purine food consumption and the incidence of gout among students of the Department of Information Technology, Politeknik Negeri Jember ( $p = 0.753$ ). However, there was a significant relationship between nutritional status and the incidence of gout ( $p = 0.045$ ). Therefore, adopting healthy dietary habits and implementing hyperuricemia prevention programs through regular health check-ups are recommended.*

*Keywords: uric acid, purine, nutritional status*