ABSTRACT

EARLY FAJARINA. Consumption Pattern Analysis and Activity Pattern with Uric Acid Levels in Elderly Women Empowerment Elderly Participants in Bogor. Under the guidance of IKEU TANZIHA and IKEU EKAYANTI.

Increased Life Expectancy or usually called with UHH (Usia Harapan Hidup) impact on the growing number of elderly population, which in turn will also increase the incidence of chronic and acute diseases. Uric acid levels are influenced by many factors, including pattern of consumption and activity pattern. This study aims to analyze the patterns of consumption and patterns of activity with uric acid levels in older women. This study design is cross sectional study and take an example in the Empowerment elderly Yasmina Bogor. After inclusion criteria charged the amount of sample obtained by 30 people.

The study found that household characteristics (education, employment, income and family size) is not related significantly (p > 0.05) on levels of uric acid. The relationship of individual characteristics (age, menopausal age, and nutrition knowledge) does not have a real relationship (p > 0.05) with uric acid levels. Only menopausal age who have a real correlation with uric acid levels (p = 0.034, r = -0.389). Nutritional status, activity pattern, and pattern of consumption (energy, carbohydrates, proteins, fats, and purine) are not real correlation with uric acid levels (p > 0.05). Only the consumption of drinking water that has a relationship with uric acid levels (p = 0.006, r = -0.487). The results of multiple linear regression test to variable pattern of consumption and pattern of activity on levels of uric acid is obtained that only the consumption of drinking water which significantly affect the levels of uric acid by the equation y = 14429-1138x with a significance 0.006.

Key words: elderly women, uric acid levels, consumption pattern, pattern of activity, drinking water.