

**ABSTRAK**

**PERBANDINGAN KADAR ASAM URAT DALAM DARAH PADA**  
**WANITA MENOPAUSE DAN BELUM MENOPAUSE**

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**Latar Belakang** Gout merupakan penyakit akibat adanya penumpukan kristal monosodium urat pada jaringan akibat peningkatan kadar asam urat. Angka kejadian gout di Indonesia berkisar antara 23,6%-31,3%. Walaupun gout lebih sering ditemukan pada laki-laki, namun wanita pun dapat terkena gout, terlebih lagi pada wanita menopause.

**Tujuan** Penelitian ini bertujuan untuk mendukung adanya perbedaan kadar asam urat dalam darah pada wanita menopause dan belum menopause.

**Metode** Penelitian ini bersifat observasional analitik. Subjek penelitian berjumlah 60 orang yang dibagi menjadi 2 kelompok yaitu 30 orang wanita menopause dan 30 orang wanita belum menopause. Kadar asam urat diukur dari darah kapiler dengan metode *Uricase/UV*. Data yang diperoleh dianalisis dengan uji t tidak berpasangan.

**Hasil** Rerata hasil pemeriksaan kadar asam urat pada wanita menopause sebesar 6,057 mg/dl (SD = 0,9272) lebih besar daripada wanita belum menopause yaitu 4,350 mg/dl (SD = 0,6318). Pada uji t tidak berpasangan didapatkan perbedaan yang sangat bermakna dengan nilai  $p = 0,000$  ( $p < 0,05$ ).

**Simpulan** Kadar asam urat dalam darah pada wanita menopause lebih tinggi dibandingkan wanita belum menopause.

Kata Kunci : Gout, Menopause, Asam urat

## **ABSTRACT**

### **THE COMPARISON OF URIC ACID LEVEL IN POSTMENOPAUSAL AND PREMENOPAUSAL WOMEN**

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**Backgrounds** Gout is a disease caused by the accumulation of monosodium urate crystals in the tissues due to elevated levels of uric acid. The incidence of gout in Indonesia ranges between 23.6% -31.3%. Although gout is more often found in men, but women also can be affected by gout, especially in postmenopausal women.

**Objectives** To support the existence of differences in uric acid levels in postmenopausal and premenopausal women.

**Methods** Analytical observation. Subjects of 60 women were divided into 2 groups: 30 postmenopausal women and 30 premenopausal women. The level of uric acid was measured from capillary blood with Uricase/UV method. The data obtained were tested with unpaired t test.

**Results** The mean results of uric acid level in postmenopausal women were at 6.057 mg / dl (SD = 0.9272) greater than premenopausal women which were 4,350 mg / dl (SD = 0.6318). Unpaired t test showed highly significant differences with p value = 0.000 ( $p < 0.05$ ).

**Conclusion** Uric acid level in postmenopausal women is higher than premenopausal women.

**Keywords :** Gout, Menopause, Uric Acid

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