

ABSTRAK

Obesitas dan kelebihan berat badan lebih mematikan dibandingkan malnutrisi. Prevalensi obesitas di Indonesia pada populasi dewasa (>18 tahun) pada tahun 2013 sebesar 32,9% pada wanita dan 19,7% pada pria. Prevalensi obesitas berdasarkan *Body Fat Percentage* di Kulon Progo sebesar 34,2% pada wanita dan 10,3% pada pria. Obesitas dapat menyebabkan meningkatnya kadar asam urat atau disebut juga hiperurisemia. Penelitian ini penting dilakukan untuk mengetahui hubungan status obesitas berdasarkan *Body Fat Percentage* dengan kejadian hiperurisemia.

Jenis penelitian yang dilakukan merupakan penelitian observasional analitik *cross-sectional*. Pengambilan sampel dilakukan secara *non-random sampling* dengan teknik *purposive sampling* dan didapatkan 56 data responden. Data *Body Fat Percentage* diperoleh menggunakan metode *Bioimpedance Analysis* (Karada Scan OMRON tipe HBF-212), dan data kadar asam urat diperoleh dengan metode POCT (*Point of Care Testing*) (*EasyTouch GCU*). Dilakukan analisis statistik uji *Fisher* antara hubungan status obesitas berdasarkan *Body Fat Percentage* terhadap kejadian hiperurisemia menggunakan SPSS dengan taraf kepercayaan 95% dan didapatkan *p-value* pada pria dan wanita sebesar 0,591 dan 0,676. Hasil penelitian ini menunjukkan bahwa tidak terdapat hubungan bermakna antara obesitas berdasarkan *Body Fat Percentage* terhadap kejadian hiperurisemia di Dusun Dlingseng, Kulon Progo, Yogyakarta.

Kata kunci: hiperurisemia, obesitas, *body fat percentage*.

ABSTRACT

Obesity and overweight are more lethal than malnutrition. The prevalence of obesity in Indonesia in adult population (>18 years) in 2013 was 32,9% in women and 19,7% in men. Obesity prevalence based on Body Fat Percentage in Kulon Progo is 34,2% in women and 10,3% in men. Obesity can cause increased uric acid levels, also called hyperuricemia. This study is important to determine the relationship of obesity status based on Body Fat Percentage with the occurrence of hyperuricemia.

This study is cross-sectional analytic observational study. Sampling was carried out by non-random sampling with purposive sampling technique and this study obtained as 56 respondents data. Body Fat Percentage data were obtained using Bioimpedance Analysis (Karada Scan OMRON HBF-212 type) and uric acid levels were obtained by POCT method (Point of Care Testing) using EasyTouch GCU. Fisher test analysis was conducted between the relationship of obesity status based on Body Fat Percentage with the occurrence of hyperuricemia using SPSS with a confidence level of 95% and obtained p-value in men and women were 0.591 and 0.676. The results of this study showed that there was no significant relationship between obesity based on Body Fat Percentage with the occurrence of hyperuricemia in Dusun Dlingseng, Kulon Progo, Yogyakarta

Keywords: hyperuricemia, obesity, body fat percentage