ABSTRACT

THE CORRELATION BETWEEN FAMILY SUPPORT WITH LOW PURINE DIETARY ADHERENCE OF HYPERURICEMIA CLIENTS IN MULYO REJO HEALTH CENTERS WORKING AREA

Cross Sectional Study in Mulyorejo Health Centers Working Area

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Introduction: Hyperuricemia is a condition characterized by elevation of uric acid level in the blood. Low purine dietary management is one of the ways to decrease uric acid level of hyperuricemia clients. Family support is an important thing to determine adherence level in hyperuricemia management. The aim of this study was to analyze correlating of family support with low purine dietary adherence of hyperuricemia clients. Methods: This study was descriptive correlation study with cross sectional approach. The population was hyperuricemia clients in Mulyorejo health centers working area. Twenty three as sample respondents were chosen by purposive sampling technique. The independent variable was family support and the dependent variable was low purine dietary adherence. Data were collected by using questionnaire and analyzed using Spearman’s rho test with a degree of significance $\alpha<0.05$. Result: Result showed that 82.6% hyperuricemia clients had good family support, 13.1% had good enough family support, and 4.3% had less family support. Low purine dietary adherence level showed that 69.6% clients had good adherence, 21.7% clients had moderate adherence and 8.7% clients had low adherence. Family support had significant correlation with low purine dietary adherence of hiperuricemia clients ($p=0.000$, $r=0.847$). Discussion: It can be concluded that family support had correlation with low purine dietary adherence of hyperuricemia clients. Further studies need to analyze more variables about low purine adherence and continued by using multivariate analysis.

Keywords: family support, low purine dietary adherence, and hyperuricemia