

ABSTRAK

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Program Studi : Kedokteran Umum
Judul Skripsi : Hubungan Tingkat Stres dan Depresi dengan Kadar Asam Urat pada Guru SMPN 2 Sukaraja dan Tinjauannya Menurut Islam

Latar Belakang: Hiperurisemia dapat memicu gout dan masih menjadi masalah kesehatan di Indonesia. Stres dan depresi dilaporkan berhubungan dengan perubahan metabolisme asam urat melalui mekanisme inflamasi. Guru merupakan profesi dengan risiko stres tinggi, sehingga penting untuk mengetahui apakah stres dan depresi berhubungan dengan kadar asam urat serta tinjauannya menurut islam

Metode: Penelitian menggunakan desain cross-sectional pada 46 guru SMPN 2 Sukaraja. Tingkat stres dan depresi dinilai menggunakan kuesioner DASS-21, sedangkan kadar asam urat diperiksa dengan metode Point of Care Test (POCT). Analisis korelasi dilakukan menggunakan uji Spearman's Rho.

Hasil: Mayoritas guru memiliki tingkat stres (63%) dan depresi (84,8%) dalam kategori normal, sedangkan hiperurisemia ditemukan pada 34,8% responden. Uji statistik menunjukkan tidak ada hubungan signifikan antara stres dengan kadar asam urat ($p=0,836$; $r=0,032$) maupun depresi dengan kadar asam urat ($p=0,499$; $r=-0,104$).

Kesimpulan: Stres dan depresi tidak terbukti berhubungan dengan kadar asam urat pada guru SMPN 2 Sukaraja. Tingginya angka hiperurisemia kemungkinan dipengaruhi faktor lain seperti pola makan, aktivitas fisik, atau kondisi kesehatan yang tidak dikendalikan dalam penelitian. Penelitian lanjutan disarankan untuk mempertimbangkan faktor perancu tersebut. Islam mengajarkan untuk menjaga kesehatan dimulai dari konsumsi makanan dan minuman halal, serta menjaga kesehatan mental termasuk pengendalian emosi.

Kata Kunci: DASS-21; Depresi; Guru; Kadar asam urat; Hiperurisemia.

ABSTRACT

Name : Ceriasih As-syifa Rozalini

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Title : *Correlation Between Stress and Depression Levels and Uric Acid Levels Among Teachers at SMPN 2 Sukaraja and Its Review from an Islamic Perspective*

Background: *Hyperuricemia can lead to gout and remains a health issue in Indonesia. Stress and depression may affect uric acid metabolism through inflammatory mechanisms. Teachers experience high stress, making it relevant to assess their association with uric acid levels, including an Islamic perspective.*

Methods: *A cross-sectional study was conducted on 46 teachers at SMPN 2 Sukaraja. Stress and depression were measured using DASS-21, and uric acid levels were examined using POCT. Spearman's Rho was used for correlation analysis.*

Results: *Most teachers had normal stress (63%) and depression levels (84.8%), while hyperuricemia was present in 34.8%. No significant correlation was found between stress and uric acid ($p=0.836$; $r=0.032$) or depression and uric acid ($p=0.499$; $r=-0.104$).*

Conclusion: *Stress and depression were not proven to be associated with uric acid levels among teachers at SMPN 2 Sukaraja. The high prevalence of hyperuricemia is likely influenced by other factors, such as dietary patterns, physical activity, or health conditions that were not controlled in this study. Future research is recommended to consider these confounding factors. Furthermore, Islamic teachings emphasize health maintenance starting from the consumption of halal food and beverages, as well as the preservation of mental health through emotional regulation.*

Keywords: *DASS-21; Depression; Teachers; Uric acid; Hyperuricemia.*