ABSTRAK

Konsumsi kopi telah menjadi bagian dari gaya hidup masyarakat, khususnya di kalangan usia produktif. Kopimengandung senyawa aktif yang diketahui dapat mempengaruhi metabolisme purin, profil lipid, dan status gizi. Penelitian ini bertujuan untuk menganalisis hubungan antara konsumsi kopi dengan kadar asam urat, kolesterol dan Body Mass Index (BMI) pada konsumen Warkop Asli Medan. Penelitian ini menggunakan desain deskriptif observasional dengan pendekatan cross-sectional yang dilakukan pada Mei-Agustus 2025. Sampel penelitian sebanyak 96 responden dipilih menggunakan teknik purposive sampling. Data dikumpulkan melalui kuesioner danpemeriksaan langsung meliputi kadar asam urat, kolesterol, serta pengukuran BMI. Analisis data menggunakanuji chi-square dengan tingkat signifikansiα= 0,05. Mayoritas responden adalah laki-laki (65,6%) dengan konsumsikopi kategori sedang (59,4%). Hasil pemeriksaan menunjukkan 81,3% responden memiliki kadar asam uratnormal, 76,0% kadar kolesterol normal, dan 60,4% BMI normal. Analisis bivariat menunjukkan tidak terdapathubungan yang signifikan antara konsumsi kopi dengan kadar asam urat (p=0,426), BMI (p=0,160), dan kolesterol(p=0,905). Tidak terdapat hubungan yang bermakna antara konsumsi kopi dengan kadar asam urat, kolesterol, danBMI pada konsumen Warkop Asli Medan.

Kata kunci: Asam urat, Body Mass Index, hiperurisemia, kolesterol, konsumsi kopi

ABSTRACT

Coffee consumption has become part of people's lifestyle, especially among the productive age group. Coffeecontains active compounds known to affect purine metabolism, lipid profile, and nutritional status. This study aimsto analyze the relationship between coffee consumption and uric acid levels, cholesterol, and Body Mass Index(BMI) among consumers at Warkop Asli Medan. This study employed a descriptive observational design with across-sectional approach conducted from May to August 2025. A total of 96 respondents were selected usingpurposive sampling technique. Data were collected through questionnaires and direct examinations including uricacid levels, cholesterol, and BMI measurements. Data analysis used chi-square test with significance level ofα =0.05. The majority of respondents were male (65.6%) with moderate coffee consumption (59.4%). Examinationresults showed 81.3% of respondents had normal uric acid levels, 76.0% had normal cholesterol levels, and 60.4%had normal BMI. Bivariate analysisshowed no significant relationship between coffee consumption and uric acidlevels (p=0.426), BMI (p=0.160), and cholesterol (p=0.905). There is no significant relationship between coffeeconsumption and uric acid levels, cholesterol, and BMI among consumers at Warkop Asli Medan.

Key Word: *Body Mass Index, cholesterol, coffee consumption, hyperuricemia, uric acid*