

Reducing the Risk of Gout Through Zumba at the Lau Dendang Gymnastics Studio

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Abstract – Penelitian ini bertujuan untuk mengetahui cara menurunkan resiko terkena penyakit asam urat melalui salah satu program olahraga yang sedang tren yaitu senam zumba. Sejauh ini penelitian tentang zumba berfokus pada alternatif yang dapat di lakukan oleh kelompok senam ibu-ibu untuk mengurangi rasa nyeri pada area yang terkena asam urat. Rematik adalah penyakit yang menyerang anggota tubuh yang bergerak, yaitu bagian tubuh yang berhubungan antara yang satu dengan yang lain dengan perantara persendian, sehingga menimbulkan rasa nyeri. Semua jenis rematik menimbulkan rasa nyeri yang mengganggu. Maka dari itu peneliti mengangkat masalah tentang Menurunkan Resiko Terkena Asam Urat melalui Zumba. Banyak sekali jenis olahraga yang ditawarkan oleh pusat kebugaran salah satunya, senam, zumba dance, renang dan angkat beban. Karena olahraga ini dianggap mudah dilakukan dan menyenangkan bagi pelakunya. Penelitian ini menggunakan metode penelitian kualitatif dengan menggunakan metode deskriptif, yaitu dengan cara metode wawancara dan observasi. Hasil dari penelitian ini adalah bahwa Zumba mampu mengurangi kadar asam urat, mengurangi rasa nyeri pada otot. Kesimpulan dari penelitian ini adalah bahwa senam Zumba dapat mengurangi kadar asam urat dan yang pastinya tetap menjaga pola makan.

Kata Kunci: Asam Urat, Olahraga, Rematik, Zumba

Abstract – This research aims to find out how to reduce the risk of developing gout through one of the trending sports programs, namely Zumba exercise. So far, research on Zumba has focused on alternatives that can be done by women's exercise groups to reduce pain in areas affected by gout. Rheumatism is a disease that attacks moving parts of the body, namely parts of the body that are connected to one another through joints, causing pain. All types of rheumatism cause annoying pain. Therefore, researchers raised the issue of reducing the risk of developing gout through Zumba. There are many types of sports offered by fitness centers, including gymnastics, Zumba dance, swimming and weight lifting. Because this sport is considered easy to do and fun for the perpetrator. This research uses qualitative research methods using descriptive methods, namely by means of interviews and observation methods. The results of this research are that Zumba is able to reduce uric acid levels, reducing muscle pain. The conclusion of this research is that Zumba exercise can reduce uric acid levels and of course maintain diet.

Keywords: Gout, Sports, Rheumatism, Zumba

1. INTRODUCTION

Gout (gout) is a type of inflammatory joint disease, gout (arthritis). Gout has been known for a long time and is one of the oldest diseases known to humans (Ana Fitri Widayanti et al, 2023) . Gout is related to diet. If the diet is not changed, excessive concentrations of uric acid in the blood cause a buildup of uric acid crystals. Gout occurs when crystals form in the synovial fluid. Uric acid is the result of purine metabolism in the body. In fact, uric acid is a natural substance in the body, but it becomes unnatural if uric acid increases and exceeds normal limits. Excess uric acid is not completely absorbed and metabolized by the body, causing uric acid levels in the blood to increase, which is called hyperuricemia.

Uric acid is a product of body metabolism whose concentration should not be excessive. Possmore and Eastwood argue that gout is divided into two parts, namely primary which is caused by genetic and environmental factors, while secondary gout is caused by complications between one disease and another, such as hypertension and atherosclerosis (Diah Krisnatuti, 2009) . Gout often occurs in the ankles, knees, wrists and elbows (Anjela Bella Dora Natalia, 2022) .

Under normal conditions, the uric acid content in the blood is less than 7 mg/dl in adult men and less than 6 mg/dl in women. Uric acid levels have increased due to excessive consumption of foods with high purine levels. The solubility of uric acid in urine will increase if the PH is more than 4. To maintain the concentration of uric acid in the blood within normal limits, uric acid must be excreted from the body first, then this uric acid passes through the bloodstream and is excreted through the kidneys (Misnadiarly, 2007) .

Based on data obtained from the World Health Organization (WHO, 2018) it is stated that arthritis sufferers in Indonesia reach 81% of the population, only 24% go to the doctor while 71% tend to immediately consume over-the-counter pain relievers. This figure places Indonesia as the country with the highest incidence of arthritis when compared with other Asian countries, such as Hong Kong, Singapore, Malaysia and Taiwan. The prevalence of joint disease based on health workers' diagnosis is highest in Bali (19.3%) followed by Aceh (18.3%), West Java (17.5%) and Papua (15.4%). The national prevalence of joint disease is 30.3%. A total of 11 provinces have a prevalence of joint disease above the national percentage, namely Nanggroe Aceh Darussalam, West Sumatra, Bengkulu, West Java, Central Java, East Java, West Papua, West Nusa Tenggara, East Nusa Tenggara, South Kalimantan, and Bali. In the recording of the Bali Province Health Profile (2013), arthritis was placed in third position as the top 10 diseases in patients at Bali Province Health Centers in 2013, with a total of 115,157 cases.

Common problems in gout sufferers are severe joint pain that is felt repeatedly, the joints feel painful at night and in the morning, the joints feel painful, even appear swollen and red, recurring joint pain in the toes, fingers, heels, knees, elbows, and wrists that feel painful from night to morning, even throughout the day to get rid of the pain. Gout can be treated with self-care (Putri et al., 2023). The existing treatment and prevention of gouty arthritis is with drugs that can reduce uric acid production or increase uric acid secretion. One of the drugs used by gout sufferers is allopurinol.

Allopurinol is a drug to reduce excess uric acid levels in the blood in gout. This drug is also used to treat kidney stones which are formed from uric acid and/or high uric acid in the urine due to chemotherapy. This allopurinol drug has several side effects, namely drowsiness, nausea, stomach ache, diarrhea and joint pain (Yuyun Safira, 2022). Another alternative that is used to treat gout without causing side effects is by participating in Zumba exercise activities and doing the movements correctly and well.

Zumba gymnastics, or better known as Zumba, is a type of fitness exercise that combines dance movements with music. Zumba is a sports or physical exercise program that has become a trend that is beneficial for body health (Hans Tandra, 2018). Maintaining a healthy body does not only include eating the right pattern but also managing time for exercise. This is done to reduce uric acid levels.

Zumba itself was created by Alberto "Beto" Perez, a dancer and choreographer from Miami who collaborated with two entrepreneurs, Alberto Perlman and Alberto Aghion, in 1990. Zumba gymnastics was launched in Indonesia in 2001 by Alberto "Beto" Perez himself. Zumba training consists of various Latin-style dance variations that combine elements of other dances such as meringue, pop, reggaeton, cumbia, mambo, salsa, flamenco, rumba, and calypso. The combination of squats and pulses is also widely used in this exercise. Zumba can be done with an interval pattern of movements, a combination of fast and slow tempos, which can increase the body's metabolism to produce energy during the exercise process (Angraini & Widodo, 2022).

Zumba is one solution that mothers can do as an alternative to avoid gout. Zumba can also reduce pain in muscle areas that have been affected by gout. Not only that, Zumba exercise can also stabilize body weight or reduce fat calories in our bodies, because every time we do Zumba exercise, we can burn 500 to 800 calories. This zumba exercise is done in one workout for 32-52 minutes. When we practice Zumba exercises, we will sweat and burn more calories (P. Oktasari, 2022).

This research aims to find out how to reduce the risk of developing gout through one of the trending sports programs, namely Zumba exercise. So far, research on Zumba has focused on alternatives that can be done by women's exercise groups to reduce pain in areas affected by gout. In fact, this exercise activity is also a way to prevent gout in the joints and other muscles by doing Zumba exercises with the correct movements.

2. METHODS

The type of research used is qualitative research where qualitative research is descriptive research (Zuchri Abdussamad, 2021). Process and meaning (subjective perspective) further emphasize the theoretical basis as a guide to the focus of qualitative research according to facts in the field. Apart from that, there is also a theoretical basis that is useful for providing a general overview of the research environment and as material for discussing research results. According to the opinion of Stauss and Corbin quoted in the book (Salim Mhd Ikhsan Rifki, 2021) that qualitative research is a type of research in which the discovery procedures carried out do not use statistical or quantitative procedures. In this research, the researcher participates in the event or space being investigated. Because the results of this research require analysis by a researcher. Apart from that, the results of this research are subjective so they cannot be generalized in general. Qualitative research was carried out using interview and observation methods (Firmansyah & Dede, 2022). Using this method, researchers analyzed information from the field in detail. The population used in this research is para mothers who took part in the zomba, with a sampling number of 3 people. The location and time for the research was Lau Dendang village, time 16:00 WIB until completion on June 9 2024.

3. RESULTS AND DISCUSSION

Results

The findings of the results carried out in Lau Dendang on 09 June 2024 at 16.00 WIB, showed that mothers who took part in Zumba exercise could help reduce muscle pain due to gout that the mother suffered from. Even though gout cannot be cured just by exercising alone, it can also be helped by herbal medicine or medication from the doctor who treats it. But Zumba exercise really helped Mrs. Yeni in the process of curing gout. Mrs. Yeni said that Zumba exercise really helped Mrs. Yeni reduce the pain or soreness in her muscles. Mrs. Ida, who also suffers from gout, said that Zumba exercise helped reduce pain in her muscles, which is the reason why Mrs. Ida joined the Zumba exercise group near her house, namely in Lau Dendang. Mrs. Sri also expressed the same thing that joining the Zumba exercise group not only makes new friends but can also make the body healthy and reduce pain in Mrs. Sri's muscles.

Discussion

Based on a research journal by Rai Wiwik Dwi Astari, et al in 2018 entitled Factors that influence uric acid levels in productive age in Nongan Village, Karangasem Regency, an analysis of the relationship between physical activity and



uric acid levels was obtained, (Rai Wiwik Dwi Astari, 2018) it can be concluded that there is a significant relationship between physical activity and uric acid levels. This is in line with research results which state that Zumba exercise can reduce muscle pain in mothers with gout.

Other researchers (et al, 2022) in their journal said that Zumba exercise can reduce uric acid levels plus maintaining a diet. If you frequently participate in Zumba exercise but don't maintain your diet, it will be in vain and will not reduce uric acid levels. The same thing that Mrs. Yeni said is that uric acid levels cannot be reduced if you only do Zumba exercise, but with the help of herbal medicine or maintaining a daily diet. So it can be concluded that the level of Zumba exercise cannot be reduced but is helped by maintaining a diet.

4. CONCLUSION

The conclusion of this research is that Zumba exercise can help reduce uric acid levels if it is also supported by maintaining a regular diet. So not only do you take part in Zumba exercises, but you also get help with herbal medicine and maintaining your diet.

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