

DAFTAR PUSTAKA

- Agostini, L., Martinon, F., Burns, K., Mcdermott, M. F., Hawkins, P. N., & Rg Tschopp, J. (2004). NALP3 Forms an IL-1-Processing Inflammasome with Increased Activity in Muckle-Wells Autoinflammatory Disorder. *Immunity*, 20, 319–325. [https://doi.org/10.1016/s1074-7613\(04\)00046-9](https://doi.org/10.1016/s1074-7613(04)00046-9)
- Ames, B. N., Cathcart, R., Schwiers, E., & Hochstein, P. (1981). Uric acid provides an antioxidant defense in humans against oxidant- and radical-caused aging and cancer: A hypothesis. *Proceedings of the National Academy of Sciences of the United States of America*, 78(11 II), 6858–6862. <https://doi.org/10.1073/pnas.78.11.6858>
- Andriani, A., & Chaidir, R. (2016). Pengaruh Pemberian Air Rebusan Daun Salam (*Syzygium Polyanthum*) Terhadap Penurunan Kadar Asam Urat. *Jurnal Iptek Terapan*, 10(2), 112–119. <https://doi.org/10.22216/jit.2016.v10i2.440>
- Andry; Saryono; Upoyo, A. S. (2009). Analisis Faktor-Faktor yang Mempengaruhi Kadar Asam Urat Pada Pekerja Kantor di desa Karang Turi, Kecamatan Bumiayu, Kabupaten Brebes. *Jurnal Keperawatan Soedirman*, 4(1), 26–31. <http://jks.fikes.unsoed.ac.id/index.php/jks/article/view/219/110>
- Astari, R. W. D., Mirayanti, N. K. A., & Arisusana, I. M. (2018). Faktor-Faktor yang Mempengaruhi Kadar Asam Urat Pada Usia Produktif Di Desa Nongan, Kabupaten Karangasem. *BMJ*, 5(2), 273–280. <https://doi.org/https://doi.org/10.36376/bmj.v5i2.43>
- Azhari. (2017). Pengaruh Latihan Bulu Tangkis Terhadap Kadar Kolestrol, Asam Urat, Dan Glukosa Darah Di Kota Samarinda Tahun 2017. II(2), 42–50. <http://r2kn.litbang.kemkes.go.id/handle/123456789/36337>
- Bowman, G. L., Shannon, J., Frei, B., Kaye, J. A., & Quinn, J. F. (2010). Uric acid as a CNS antioxidant. *Journal of Alzheimer's Disease*, 19(4), 1331–1336. <https://doi.org/10.3233/JAD-2010-1330>
- Choi, H. K., Mount, D. B., & Reginato, A. M. (2005). Pathogenesis of gout. *Annals of Internal Medicine*, 143(7), 499–516. <https://doi.org/10.7326/0003-4819-143-7-200510040-00009>
- Conley, D. L., & Krahenbuhl, G. S. (1980). Running economy and distance running performance of highly trained athletes. *Medicine & Science in Sports & Exercise*, 12(5), 357–360. <https://doi.org/10.1249/00005768-198012050-00010>
- Darmawan, P. S., Kaligis, S. H. M., & Assa, Y. A. (2016). Gambaran kadar asam urat darah pada pekerja kantor. *Jurnal E-Biomedik*, 4(2). <https://doi.org/10.35790/ebm.4.2.2016.14615>
- Dayana, B., & Bahrudin, U. (2015). Hubungan Antara Intensitas Aktivitas Fisik dan Kadar Asam Urat Serum Pada Populasi Sindrom Metabolik. *Media Medika Muda*, 4(4), 509–521. <https://www.neliti.com/publications/139030/hubungan-antara-intensitas-aktivitas-fisik-dan-kadar-asam-urat-serum-pada-popula>

- Desideri, G., Castaldo, G., Lombardi, A., Mussap, M., Testa, A., Pontremoli, R., Punzi, L., & Borghi, C. (2014). Is it time to revise the normal range of serum uric acid levels? *European Review for Medical and Pharmacological Sciences*, 18(9), 1295–1306.
- Fauzi, M. (2018). Hubungan Aktivitas Fisik dengan Kadar Asam Urat di Padukuhan Bedog Trihanggo Gamping Sleman Yogyakarta. *Ilmu Keperawatan*. <http://digilib.unisayogya.ac.id/id/eprint/437%0A3>
- Feig, D. I., Kang, D.-H., & Johnson, R. J. (2008). Uric acid and cardiovascular risk. *N Engl J Med*, 359(17), 1811–1821. <https://doi.org/10.1056/NEJMra0800885>
- Fikri, A. (2017). Upaya Meningkatkan Kesegaran Jasmani Melalui Metode Latihan Sirkuit Dalam Pembelajaran Penjasorkes Di SMA Negeri 1 Lubuklinggau. *Jurnal SPORTIF : Jurnal Penelitian Pembelajaran*, 3(1), 89–102. https://doi.org/10.29407/js_unpgri.v3i1.736
- Ho, R. (2014). Handbook of univariate and multivariate data analysis with IBM SPSS, second edition. In US: Taylor & Francis Group, LLC.
- Joosten, L. A. B. ., Crisan, T. O., Bjornstad, P., & Johnson, R. J. . (2020). Asymptomatic Hyperuricemia – A silent activator of the innate Immune system. *Nat Rev Rheumatol*, 16(2), 75–86. <https://doi.org/10.1038/s41584-019-0334-3>
- Laye, M. J., Nielsen, M. B., Hansen, L. S., Knudsen, T., & Pedersen, B. K. (2015). Physical activity enhances metabolic fitness independently of cardiorespiratory fitness in marathon runners. *Disease Markers*, 2015, 1–11. <https://doi.org/10.1155/2015/806418>
- Lee, P. H., Macfarlane, D. J., Lam, T., & Stewart, S. M. (2011). Validity of the international physical activity questionnaire short form (IPAQ-SF): A systematic review. *International Journal of Behavioral Nutrition and Physical Activity*, 8(115). <https://doi.org/10.1186/1479-5868-8-115>
- Martinon, F. (2008). Detection of immune danger signals by NALP3. *Journal of Leukocyte Biology*, 83(3), 507–511. <https://doi.org/10.1189/jlb.0607362>
- Muthiarani, A., Lismadiana, & Yuniana, R. (2021). The effect of shadow training using consecutive steps and cross steps on the agility of the footwork of badminton athletes. *Jurnal Keolahragaan*, 9(1), 108–117. <https://doi.org/10.21831/jk.v9i1.32256>
- Natania, N., & Malinti, E. (2020). Hubungan Aktivitas Fisik Dengan Kadar Asam Urat Di Rw 13 Kampung Mokla, Kecamatan Parongpong. *Klabat Journal of Nursing*, 2(2), 17–24. <https://doi.org/10.37771/kjn.v2i2.488>
- P2PTM Kemenkes RI. (2021). No Title. <http://p2ptm.kemkes.go.id/infographic-p2ptm/hipertensi-penyakit-jantung-dan-pembuluh-darah/apa-yang-dimaksud-sehat-dan-bugar>
- Pate, R. R., & Kriska, A. (1984). Physiological Basis of the Sex Difference in Cardiorespiratory Endurance. *Sports Medicine*, 1(2), 87–89. <https://doi.org/10.2165/00007256-198401020-00001>

- Powers, S. K., Radak, Z., & Ji, L. L. (2016). Exercise-induced oxidative stress: past, present and future. *Journal of Physiology*, 594(18), 5081–5092. <https://doi.org/10.1113/JP270646>
- Pusriningsih, S. S., & Panunggal, B. (2015). hubungan Asupan Purin, vitamin C, dan Aktivitas Fisik Terhadap Kadar Asam urat Pada Remaja Laki-Laki. *Journal of Nutrition College*, 4(1), 24–29. <https://doi.org/10.14710/jnc.v4i1.8617>
- Putra, G. I., & Sugiyanto, F. (2016). Pengembangan pembelajaran teknik dasar bulu tangkis berbasis multimedia pada atlet usia 11 dan 12 tahun. *Jurnal Keolahragaan*, 4(2), 175–185. <https://doi.org/10.21831/jk.v4i2.10893>
- Rabadán, M., Díaz, V., Calderón, F. J., Benito, P. J., Peinado, A. B., & Maffulli, N. (2011). Physiological determinants of speciality of elite middle- and long-distance runners. *Journal of Sports Sciences*, 29(9), 975–982. <https://doi.org/10.1080/02640414.2011.571271>
- Saltin, B., & Pilegaard, H. (2002). Metabolic fitness: physical activity and health. *Ugeskrift for laeger*, 164(16), 2156–2162.
- Syarifuddin, L. A., Taiyeb, A. M., & Caronge, M. W. (2010). Hubungan Pola Makan dan Aktivitas Fisik dengan Kadar Asam Urat Dalam Darah Pada Penderita Asam Urat (Gout) di Wilayah Kerja Puskesmas Sabbangparu Kabupaten Wajo. *Prosiding Seminar Nasional Biologi VI*, 372–381. <https://ojs.unm.ac.id/semnasbio/article/view/10579/6201>
- Therik, K. S. S. (2019). Analisis Faktor-Faktor Yang Mempengaruhi Kadar Asam Urat Pada Pasien Di Puskesmas Naibonat. <http://repository.poltekkeskupang.ac.id/1062/>
- Waring, W. S., Convery, A., Mishra, V., Shenkin, A., Webb, D. J., & Maxwell, S. R. J. (2003). Uric acid reduces exercise-induced oxidative stress in healthy adults. *Clinical Science*, 105(4), 425–430. <https://doi.org/10.1042/CS20030149>
- Wicaksono, A. (2020). Aktivitas Fisik Yang Aman Pada Masa Pandemi Covid-19. *Jurnal Ilmu Keolahragaan Undiksha*, 8(1), 10–15. <https://doi.org/http://dx.doi.org/10.23887/jiku.v8i1.28446>
- Wuisantono, D. C., Rattu, J. A. M., & Polii, H. (2015). Pengaruh Senam Zumba Terhadap Kadar Asam Urat Pada Mahasiswi Fakultas Kedokteran Angkatan 2014. *Jurnal E-Biomedik*, 3(2), 651–655. <https://doi.org/10.35790/ebm.3.2.2015.8860>