

**GAMBARAN HASIL PEMERIKSAAN TEKANAN DARAH DAN KADAR
HEMOGLOBIN PADA PENDONOR PASCA DONOR DARAH
DI UDD PMI KABUPATEN BANTUL
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INTISARI

Latar Belakang: Donor darah adalah kegiatan menyumbangkan darah secara sukarela. Tubuh pendonor yang diambil darahnya dalam volume tertentu akan segera bereaksi. Kemungkinan menyebabkan kadar hemoglobin dalam tubuh pendonor turun dari nilai normalnya atau bahkan mempengaruhi tekanan darahnya. Tekanan darah ataupun kadar hemoglobin yang turun dapat mengakibatkan reaksi pasca donor seperti gejala awal anemia yang ditandai dengan kejadian cepat lelah, gelisah dan kadang sesak.

Tujuan Penelitian: Mengetahui gambaran hasil pemeriksaan tekanan darah dan kadar hemoglobin pada pendonor pasca donor darah di UDD PMI Kabupaten Bantul tahun 2022.

Metode Penelitian: Penelitian ini menggunakan metode deskriptif kuantitatif untuk menggambarkan objek yang diteliti melalui data primer dengan sampel sebanyak 30 pendonor darah di UDD PMI Kabupaten Bantul.

Hasil: Hasil pemeriksaan tekanan darah pasca donor darah didapatkan seluruh responden memiliki tekanan darah normal (100%) paska donor darah. Hasil pemeriksaan kadar hemoglobin paska donor darah didapatkan responden dengan kadar hb rendah atau anemia (60%) dan kadar hb normal (40%). Berdasarkan jenis kelamin, tekanan darah diketahui 16 (53%) pendonor laki-laki dan 14 (47%) pendonor perempuan dengan tekanan darah normal. Hasil pemeriksaan kadar Hemoglobin berdasarkan jenis kelamin, diketahui laki-laki sejumlah 6 (20%) dengan kadar Hb anemia, dan 10 (33%) dengan kadar Hb normal, pada pendonor perempuan sebanyak 12 (40%) dengan kadar Hb anemia, dan 2 (7%) dengan kadar Hb normal. Berdasarkan usia, tekanan darah pada usia remaja akhir 8 (27%) dengan tekanan darah normal, 11 (36%) usia dewasa awal dengan tekanan darah normal, 8 (27%) usia dewasa akhir dengan tekanan darah normal, dan 3 (10%) usia lansia awal dengan tekanan darah normal, sedangkan kadar Hb paska donor diketahui 18 (60%) mengalami anemia yaitu 6 (20%) remaja akhir, 8 (27%) dewasa awal, dan 4 (13%) dewasa akhir. Kadar Hb normal paska donasi sejumlah 12 (40%) diantaranya 2 (7%) remaja akhir, 3 (10%) dewasa awal, 4 (13%) dewasa akhir, dan 3 (10%) lansia awal.

Kesimpulan: Kesimpulan penelitian ini yaitu seluruh responden memiliki tekanan darah normal (100%) dan lebih banyak ditemukan responden yang mengalami anemia (60%).

Kata Kunci: *Tekanan Darah, Kadar Hemoglobin, Paska Donor Darah*

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**DESCRIPTION OF BLOOD PRESSURE AND HEMOGLOBIN LEVEL
EXAMINATION RESULTS IN POST BLOOD DONOR DONOR
AT UDD PMI BANTUL REGENCY
IN 2022**

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ABSTRACT

Background: Blood donation is an activity to donate blood voluntarily. The body of the donor whose blood is taken in a certain volume will immediately react. The possibility of causing the hemoglobin level in the donor's body to drop from its normal value or even affect his blood pressure. Blood pressure or decreased hemoglobin levels can cause post-donor reactions such as early symptoms of anemia which are characterized by fatigue, anxiety and sometimes shortness of breath.

Objective: To describe the results of blood pressure and hemoglobin levels in post-blood donors at UDD PMI Bantul Regency in 2022.

determine the percentage of compliance and understanding of the use of SOP for blood

Methods: This study uses a quantitative descriptive method to describe the object under study through primary data with a sample of 30 blood donors at UDD PMI Bantul Regency.

Results: The results of blood pressure checks after blood donation showed that all respondents had normal blood pressure (100%) after blood donation. The results of the examination of hemoglobin levels after blood donation showed that respondents had low hemoglobin levels or anemia (60%) and normal hemoglobin levels (40%). Based on gender, blood pressure was identified as 16 (53%) male donors and 14 (47%) female donors with normal blood pressure. The results of the examination of hemoglobin levels based on gender, it is known that 6 (20%) men with anemia Hb levels, and 10 (33%) with normal Hb levels, in female donors as many as 12 (40%) with anemia Hb levels, and 2 (7%) with normal Hb levels. By age, blood pressure in late adolescence was 8 (27%) with normal blood pressure, 11 (36%) in early adulthood with normal blood pressure, 8 (27%) in late adulthood with normal blood pressure, and 3 (10%)) early elderly with normal blood pressure, while post-donor Hb levels were found to be 18 (60%) anemic, namely 6 (20%) late teens, 8 (27%) early adults, and 4 (13%) late adults. The normal post-donation Hb levels were 12 (40%) of them 2 (7%) late teens, 3 (10%) early adults, 4 (13%) late adults, and 3 (10%) early elderly.

Conclusion: The conclusion of this study is that all respondents have normal blood pressure (100%) and more respondents are found to have anemia (60%).

Keywords: Blood Pressure, Hemoglobin Level, Post Blood Donation

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