

# GAMBARAN STATUS GIZI PENDONOR DARAH SUKARELA DI UDD PMI KABUPATEN BANYUMAS TAHUN 2022

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## INTISARI

**Latar Belakang :** Tingginya kesadaran masyarakat untuk melakukan donor darah secara sukarela di UDD PMI Kabupaten Banyumas. Hal ini menjadikan peneliti untuk mengetahui tingkat status gizi pendonor darah sukarela.

**Tujuan Penelitian :** Penelitian ini bertujuan untuk mengetahui tingkat status gizi pendonor darah sukarela di UDD PMI Kabupaten Banyumas tahun 2022.

**Metode Penelitian :** Desain penelitian menggunakan deskriptif kuantitatif. Sampel penelitian sebanyak 98 pendonor. Teknik pengambilan sampel menggunakan *accidental sampling*.

**Hasil Penelitian :** Hasil penelitian menunjukkan bahwa mayoritas pendonor memiliki karakteristik berat badan dengan kategori berat (60-85kg) sebanyak 56 orang (57.1%), berdasarkan karakteristik tinggi badan pendonor dapat dilihat bahwa mayoritas pendonor memiliki tinggi badan 160-185 cm sebanyak 69 orang (70.4%), berdasarkan karakteristik kategori IMT dapat dilihat bahwa mayoritas pendonor memiliki IMT normal sebanyak 41 orang(41.8%).

**Kesimpulan :** Diperoleh hasil Indeks Massa Tubuh pendonor darah sukarela di UDD PMI Kabupaten banyumas dengan kriteria normal sebanyak 41 orang (41.8%).

**Kata Kunci :** Donor Darah, Status Gizi

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# OVERVIEW OF THE NUTRITIONAL STATUS OF VOLUNTARY BLOOD DONORS AT UDD PMI BANYUMAS REGENCY IN 2022

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## ABSTRACT

**Background :** The high level of public awareness to do voluntary blood donation at UDD PMI Banyumas Regency. This makes researchers to determine the level of nutritional status of voluntary blood donors.

**Objectives :** This study aims to determine the nutritional status of voluntary blood donors at UDD PMI Banyumas Regency in 2022

**Methods :** The research design used descriptive quantitative. The research sample was 98 donors. The sampling technique used was accidental sampling.

**Conclusions :** The results showed that the majority of donors had weight characteristics in the weight category (60-85kg) as many as 56 people (57.1%), based on the characteristics of the donor's height, it can be seen that the majority of donors had a height of 160-185 cm as many as 69 people (70.4%) , based on the characteristics of the BMI category, it can be seen that the majority of donors have a normal BMI of 41 people (41.8%).

**Keywords :** Blood Donations, Nutritional Status

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