

GAMBARAN FAKTOR RISIKO HEMOGLOBIN RENDAH PADA CALON PENDONOR DARAH DI UDD PMI KABUPATEN GUNUNGKIDUL TAHUN 2022

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INTISARI

Latar Belakang : Kadar hemoglobin sangat berpengaruh terhadap calon pendonor maupun calon penerima darah donor. Jika kadar hemoglobin calon pendonor tidak cukup yaitu $<12,5$ gr/dL tetapi darah tetap saja didonorkan bisa membuat pendonor mengalami penurunan kadar hemoglobin yang menyebabkan terjadinya anemia yang semakin tinggi dan badan akan merasa lemas. Terjadinya peristiwa hemoglobin yang rendah tersebut memiliki faktor risiko. Hemoglobin yang rendah dapat disebabkan kurang cukupnya tidur di malam hari yang menyebabkan terjadinya produksi sel darah merah berkurang. Penyebab lain dari penurunan jumlah hemoglobin adalah kekurangan zat besi (Fe). Beberapa makanan dan minuman dapat menyebabkan hambatan pada penyerapan zat besi seperti konsumsi minuman teh.

Tujuan Penelitian : Mengetahui gambaran faktor risiko kadar hemoglobin rendah pada calon pendonor di UDD PMI Kabupaten Gunungkidul Tahun 2022

Metode Penelitian : Metode deskriptif kuantitatif. Jumlah populasi sebanyak 232 pendonor. Sampel penelitian sebanyak 34 pendonor yang ditentukan menggunakan rumus slovin. Teknik pengambilan sampel menggunakan *quota sampling*. Menggunakan instrument berupa kuesioner, alat tulis dan alat elektronik menggunakan data primer melalui pengisian kuesioner

Hasil penelitian : Berjenis kelamin perempuan sebanyak 23 orang (67,6%). Berusia dewasa sebanyak 34 orang (100,0%) sampel. Rentang waktu konsumsi teh saat makan 15 orang (44,1%) sampel. Tidak kental 20 orang (17,6%) sampel. Satu kali sehari 11 orang (32,4%) sampel. 2 gelas 11 orang (32,4%) sampel. Setiap hari 16 orang (47,1%) sampel. Seminggu sekali 23 orang (67,6%) sampel. Konsumsi buah setiap hari 12 orang (67,6%) dan seminggu sekali 12 orang (35,3%) sampel. Rentang waktu saat makan 15 orang dengan teh tidak kental 11 orang (73,3%), konsumsi teh 1 kali dan 3 kali sehari 5 orang (33,3%), dan konsumsi teh 1,2,3 gelas 5 orang (33,3%). Berdasarkan tabel tabulasi konsumsi zat besi 1 kali sehari 11 orang dengan sayur setiap hari dan 3 kali sehari 4 orang (36,4%), daging seminggu sekali 9 orang (81,8%), dan buah seminggu sekali 6 orang (54,4%).

Kesimpulan : Hasil penelitian didapatkan jenis kelamin perempuan, berusia dewasa, rentang waktu konsumsi teh saat makan, kekentalan teh tidak kental, frekuensi minum teh satu kali sehari, jumlah konsumsi teh 2 gelas, konsumsi sayur setiap hari, konsumsi daging seminggu sekali, konsumsi buah setiap hari dan seminggu sekali.

Kata Kunci : Donor Darah, Hemoglobin, Seleksi Donor.

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**OVERVIEW OF LOW HEMOGLOBIN RISK FACTORS IN PROSPECTIVE
DONORS AT UDD PMI
GUNUNGGKIDUL REGENCY IN 2022**

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ABSTRACT

Background: Hemoglobin levels are very influential on prospective donors and prospective recipients of blood donors. If the hemoglobin level of the prospective donor is not sufficient, namely 12.5 g/dL but the blood is still being donated, it can make the donor experience a decrease in the hemoglobin level which causes anemia to become higher and the body will feel weak. The occurrence of low hemoglobin events has a risk factor. Low hemoglobin can be caused by not getting enough sleep at night which causes the production of red blood cells to decrease. Another cause of a decrease in the amount of hemoglobin is iron (Fe) deficiency. Some foods and beverages can cause inhibition of iron absorption such as consumption of tea drinks.

Research purposes: Knowing the description of risk factors for low hemoglobin levels in prospective donors at UDD PMI Gunungkidul Regency in 2022

Research methods: Quantitative descriptive method. The total population is 232 donors. The research sample was 34 donors who were determined using the slovin formula. The sampling technique used quota sampling. Using instruments in the form of questionnaires, stationery and electronic devices using primary data through filling out questionnaires

Research result: Female as many as 23 people (67.6%). Adult age as many as 34 people (100, 0%) samples. The time span of tea consumption while eating is 15 people (44.1%) samples. Not thick 20 people (17.6%) samples. Once a day 11 people (32.4%) sampled. 2 glasses of 11 people (32.4%) samples. Every day 16 people (47.1%) were sampled. Once a week 23 people (67.6%). Consumption of fruit every day 12 people (67.6%) and once a week 12 people (35.3%) samples. The time span when eating 15 people with non-strong tea is 11 people (73.3%), consuming tea 1 time and 3 times a day 5 people (33.3%), and consuming 1,2,3 cups of tea 5 people (33.3%). Based on the tabulation table of iron consumption 1 time a day 11 people with vegetables every day and 3 times a day 4 people (36.4%), meat once a week 9 people (81.8%), and fruit once a week 6 people (54.4%).

Conclusion: The results of the study showed that the gender is female, adult age, the time span of tea consumption when eating, the thickness of the tea is not thick, the frequency of drinking tea once a day, the amount of tea consumption is 2 cups, the consumption of vegetables every day, the consumption of meat once a week, the consumption of fruit every day and once a week.

Keywords: Blood Donation, Hemoglobin, Donor Selection.

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