

**KEGAGALAN KADAR HEMOGLOBIN CALON PENDONOR
BERDASARKAN POLA MAKAN DAN AKTIVITAS FISIK
DI UDD PMI KABUPATEN KLATEN**

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INTISARI

Latar Belakang: Pola makan dan aktivitas fisik adalah dua hal yang bisa mempengaruhi kadar Hemoglobin didalam tubuh. Kadar hemoglobin merupakan salah satu pemeriksaan yang harus dilakukan dan menjadi salah satu syarat seseorang dapat mendonorkan darahnya jika sesuai dengan syarat donor darah. Adanya kondisi kegagalan pendonor lebih banyak terjadi dikarenakan kadar Hemoglobin yang tidak memenuhi syarat.

Tujuan Penelitian: Mengetahui Kegagalan Kadar Hemoglobin Calon Pendonor Berdasarkan Pola Makan dan Aktivitas Fisik di UDD PMI Kabupaten Klaten pada Tahun 2023.

Metode Penelitian: Metode penelitian ini adalah deskriptif kuantitatif, dengan perhitungan jumlah sampel menggunakan rumus slovin dan didapatkan sampel sejumlah 86 responden dengan teknik pengambilan *accidental random sampling*. Pengambilan data menggunakan instrument kuesioner untuk mengukur pola makan dan aktivitas fisik responden.

Hasil Penelitian: Hasil penelitian menunjukkan calon responden yang gagal donor karena kadar hemoglobin berdasarkan jenis kelamin mayoritas adalah wanita 67,44%. Berdasarkan pengukuran pola makan diketahui mayoritas responden memiliki pola makan dalam kategori kurang 74,42%, sedangkan aktivitas fisik responden berdasarkan hasil pengukuran mayoritas adalah tinggi 53,49%.

Kesimpulan: Kegagalan calon pendonor untuk mendonorkan darah karena kadar hemoglobin berdasarkan karakteristik mayoritas berjenis kelamin perempuan dan mayoritas dengan pola makan yang kurang dan aktivitas fisik yang tinggi.

Kata Kunci: Kadar Hemoglobin, Pola Makan, Aktivitas Fisik

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**FAILURE OF HEMOGLOBIN LEVELS OF PROSPECTIVE DONOR
BASED ON EATING HABITS AND PHYSICAL ACTIVITY AT UDD PMI
KLATEN REGENCY**

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ABSTRACT

Background: Eating habits and physical activity are two things that can affect hemoglobin levels in the body. Hemoglobin level is one of the checks that must be carried out and is one of the conditions for someone to donate blood if it meets the blood donor requirements. The condition of donor failure is more common due to hemoglobin levels that do not meet the requirements.

Objective: Knowing the Failure of Prospective Donor Hemoglobin Levels Based on eating habits and Physical Activity at UDD PMI Klaten Regency in 2023.

Method: This research method is quantitative descriptive, with the calculation of the number of samples using the slovin formula and a sample of 86 respondents was obtained using accidental random sampling technique. Retrieval of data using a questionnaire instrument to measure eating patterns and physical activity of respondents.

Result: The results showed that the majority of prospective respondents who failed to donate due to hemoglobin levels based on gender were 67.44% women. Based on the measurement of eating patterns, it is known that the majority of respondents have an eating pattern in the less category 74.42%, while the physical activity of the respondents based on the results of the majority measurement is 53.49% high.

Conclusion: The failure of potential donors to donate blood is due to hemoglobin levels based on the characteristics of the majority being female and the majority having a poor eating habits and high physical activity.

Keywords: Hemoglobin Level, Physical Activity, Eating habits

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