

**PERBEDAAN KADAR HEMOGLOBIN PENDONOR DARAH
SEBELUM DAN SESUDAH DONASI DI UDD PMI
KABUPATEN KLATEN TAHUN 2023**

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INTISARI

Latar Belakang : Donor darah merupakan proses pengambilan darah dari pendonor melalui pembuluh darah dengan volume tertentu. Sebelum pelaksanaan donor darah, terlebih dahulu dilakukan pemeriksaan kadar hemoglobin. Kadar hemoglobin berhubungan erat dengan kejadian anemia, oleh karenanya kehilangan darah seperti saat mendonorkan darah dapat menyebabkan penurunan kadar hemoglobin.

Tujuan Penelitian : Mengetahui gambaran perubahan kadar hemoglobin pendonor darah sebelum dan sesudah donasi di UDD PMI Kabupaten Klaten tahun 2023.

Metode Penelitian : Penelitian ini merupakan penelitian deskriptif komparatif dengan pendekatan kuantitatif.

Hasil Penelitian : Karakteristik responden dalam penelitian ini adalah jenis kelamin, usia, dan pekerjaan. Kadar hemoglobin rata-rata sebelum donasi yaitu 14,0 gr/dl dan sesudah donasi yaitu 13,1 gr/dl. Selisih rata-rata kadar hemoglobin responden sebelum dan sesudah donasi pada laki-laki yaitu sebesar 1,1 gr/dl, perempuan 1,3 gr/dl, remaja 0,5 gr/dl, dewasa 0,7 gr/dl, lansia 1,3 gr/dl, PNS 0,8 gr/dl, swasta 1,0 gr/dl, wiraswasta 0,5 gr/dl, mahasiswa 0,6 gr/dl, serta pekerjaan lainnya seperti buruh dan ibu rumah tangga 0,5 gr/dl.

Kesimpulan : Terdapat penurunan kadar hemoglobin sebelum dan sesudah donasi pada seluruh subjek penelitian, meskipun masih dalam batas normal. Dilihat dari karakteristik jenis kelamin, perempuan mengalami penurunan lebih besar daripada laki-laki. Berdasarkan karakteristik usia, lansia mengalami penurunan lebih besar daripada remaja dan dewasa. Berdasarkan karakteristik pekerjaan, kelompok swasta mengalami penurunan lebih besar daripada kelompok pekerjaan lainnya.

Kata Kunci : Kadar Hemoglobin, Sebelum dan Sesudah Donasi, UDD PMI Klaten, 2023

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**DIFFERENCES HEMOGLOBIN LEVELS BLOOD DONORS
BEFORE AND AFTER DONATION AT UDD PMI
KLATEN REGENCY IN 2023**

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ABSTRACT

Background : Blood donation is the process of taking blood from a donor through a blood vessel with a certain volume. Before the blood donation, hemoglobin levels were checked. Hemoglobin levels are closely related to the incidence of anemia, therefore blood loss such as when donating blood can cause a decrease in hemoglobin levels.

Objective : Knowing the description of changes in hemoglobin levels of blood donors before and after donation at UDD PMI Klaten Regency in 2023.

Method : This research is a comparative descriptive research with a quantitative approach.

Result : The characteristics of respondents were gender, age, and occupation. The average hemoglobin level before donation was 14.0 gr/dl and after donation was 13.1 gr/dl. The difference between the average hemoglobin level of respondents before and after donation in men is 1.1 gr/dl, women 1.3 gr/dl, adolescents 0.5 gr/dl, adults 0.7 gr/dl, elderly 1.3 gr/dl, civil servants 0.8 gr/dl, private 1.0 gr/dl, self-employed 0.5 gr/dl, students 0.6 gr/dl, and other jobs such as laborers and housewives 0.5 gr/dl.

Conclusion : There was a decrease in hemoglobin levels before and after donation in all study subjects, although it was still within normal limits. In terms of gender characteristics, women experienced a greater decline than men. In terms of age characteristics, the elderly experienced a greater decline than adolescents and adults. In terms occupational characteristics, the private sector experienced a greater decline than other occupational groups.

Keywords : *Hemoglobin Level, Before and After Donation, UDD PMI Klaten, 2023*

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