

**GAMBARAN POLA HIDUP PENDONOR YANG MEMILIKI KADAR
HEMOGLOBIN RENDAH DI UTD PMI GUNUNG KIDUL
TAHUN 2020**

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INTISARI

Latar Belakang: Donor darah adalah proses pengambilan darah dari seseorang secara sukarela pengganti/keluarga atau secara apheresis untuk disimpan di bank darah untuk kemudian dipakai pada transfusi darah dan diberikan kepada pasien yang membutuhkan.

Tujuan Penelitian: Untuk mengetahui gambaran Pola Hidup pendonor dengan Kadar Hemoglobin rendah di UTD PMI Gunung Kidul Tahun 2020.

Metode Penelitian: Desain penelitian menggunakan metode deskriptif. Sampel penelitian berjumlah 105 pendonor darah yang mendonorkan darah di UTD PMI Gunung Kidul. Pengambilan sampel dilakukan dengan melakukan pengisian kuesioner, Pengumpulan data menggunakan data primer. Data dianalisis secara deskriptif menggunakan program SPSS.

Hasil penelitian: Hasil penelitian menunjukkan bahwa mayoritas pendonor darah di UTD PMI Gunung Kidul pada tahun 2020 berusia 31-45 tahun sebanyak 56 orang, berjenis kelamin laki-laki 80 orang, bekerja sebagai buruh/ petani 32 orang, berwilayah Gunung Kidul sebanyak 98 orang. Pola hidup pendonor yang baik sebanyak 9 orang sedangkan pendonor yang tidak baik sebanyak 98 orang.

Kesimpulan: Mayoritas pendonor darah pada kelompok usia 31-45 tahun sebanyak 56 orang (53,3%), jenis kelamin laki-laki berjumlah 80 orang (76,2%), bekerja sebagai buruh/petani 32 orang (30,5%). Pola hidup pendonor di UTD PMI Gunung Kidul mendapatkan hasil dari kuesioner tertutup sebanyak 96 pendonor yang pola hidupnya kurang baik, sedangkan yang memiliki pola hidup cukup baik sebanyak 9 pendonor.

Kata Kunci: Donor darah, kadar hemoglobin, pola hidup

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**DESCRIPTION OF LIFE PATTERNS OF DONORS THAT HAVE
LEVELS LOW HEMOGLOBIN IN UTD PMI GUNUNGKIDUL
YEAR 2020**

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ABSTRACT

Background: Blood donation is the process of taking blood from someone voluntarily as a substitute/family member or by apheresis to be stored in a blood bank for later use in blood transfusions and given to patients in need.

Research Objectives: To describe the lifestyle of donors with low hemoglobin levels at UTD PMI Gunung Kidul in 2020.

Research Methods: The research design used a descriptive method. Sample The research totaled 105 blood donors who donated blood at UTD PMI Gunung Kidul. Sampling was done by filling out a questionnaire, collecting data using primary data. The data were analyzed descriptively using the SPSS program.

The results: The results showed that the majority of blood donors at UTD PMI Gunung Kidul in 2020 were aged 31-45 years as many as 56 people, 80 men, 32 people working as need/farmers, 98 people in the Gunung Kidul area. The life patterns of good donors were 9 people while the bad donors were 98 people.

Conclusion: . The majority of blood donors in the age group 31-45 years were 56 people (53.3%), male sex were 80 people (76.2%), working as laborers/farmers 32 people (30.5%). The lifestyle of donors at UTD PMI Gunung Kidul obtained results from a closed questionnaire as many as 96 donors whose lifestyle was not good, while those who had a fairly good lifestyle were 9 donors.

Keywords: Blood donation, hemoglobin level, lifestyle.

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