

**PERBEDAAN KADAR HEMOGLOBIN PENDONOR
SEBELUM DAN SESUDAH DONOR DARAH
DI PMI KABUPATEN REMBANG**

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INTISARI

Latar Belakang : Donor darah merupakan proses pengambilan darah dari pendonor melalui pembuluh darah dengan volume tertentu. Sebelum proses donor darah, Salah satunya dilakukan pemeriksaan kadar hemoglobin untuk memastikan bahwa kadar hemoglobinnya berada dalam batas normal. Kadar hemoglobin akan diperiksa lagi setelah donor darah selesai. Reaksi donor yang disebabkan karena penurunan kadar hemoglobin pasca donasi jika tidak terdeteksi dan tertangani akan menyebabkan anemia.

Tujuan : Mengetahui Gambaran Perbedaan Kadar Hemoglobin Pendonor Sebelum dan Sesudah Donor Darah di PMI Kabupaten Rembang.

Metode : Jenis penelitian ini deskriptif kuantitatif. Populasi yang digunakan adalah semua pendonor yang berhasil mendonorkan darahnya di UDD PMI Kabupaten Rembang pada bulan Juli 2024, sampel pada penelitian ini sebanyak 33 sampel dengan menggunakan *Accidental Sampling*.

Hasil : Kadar hemoglobin responden sebelum donor darah dikategorikan menjadi 11,00-13,00 yaitu 3 (9,09%), 13,01-15,00 yaitu 20 (60,61) dan 15,01-17,00 yaitu 10 (30,30%). Hemoglobin terendah 12,8 gr/dl, hemoglobin tertinggi 16,9 dan rata-rata hemoglobin sebelum donor darah adalah 14,34 gr/dl. Kadar hemoglobin responden sesudah donor darah dikategorikan menjadi 11,00-13,00 yaitu 14 (42,42%), 13,01-15,00 yaitu 14 (42,42%) dan 15,01-17,00 yaitu 5 (15,16%). Hemoglobin terendah yaitu 11,2 gr/dl hemoglobin tertinggi 15,8 gr/dl, rata-rata kadar hemoglobin setelah donasi yaitu 13,5 gr/dl dan selisih rata-rata kadar hemoglobin adalah 0,79 gr/dl.

Kesimpulan : Rata-rata kadar hemoglobin sebelum donasi yaitu 14,34 gr/dL dan sesudah donor darah yaitu 13,5 gr/dL. Penurunan kadar hemoglobin sebelum dan sesudah yaitu 0,79 gr/dL.

Kata Kunci : Donor darah, Hemoglobin.

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DIFFERENCES IN DONOR HEMOGLOBIN LEVELS BEFORE AND AFTER BLOOD DONATION IN PMI REMBANG DISTRICT

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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 process, one of them is a hemoglobin level check to ensure that the hemoglobin level is within normal limits. Hemoglobin levels will be checked again after the blood donation is complete. Donor reactions caused by decreased hemoglobin levels after donation if not detected and treated will cause anemia.

Objective : Knowing the Difference in Hemoglobin Levels of Donors Before and After Blood Donation at the PMI Rembang Regency.

Method : This type of research is quantitative descriptive. The population used is all donors who successfully donated their blood at the UDD PMI Rembang Regency in July 2024, the sample in this study was 33 samples using Accidental Sampling.

Result : The hemoglobin levels of respondents before blood donation are categorized into 11.00-13.00, 3 (9.09%), 13.01-15.00, 20 (60.61) and 15.01-17.00, 10 (30.30%). The lowest hemoglobin was 12.8 gr/dl, the highest hemoglobin was 16.9 and the average hemoglobin before blood donation was 14.34 gr/dl. The hemoglobin levels of respondents after blood donation were categorized into 11.00-13.00, is 14 (42.42%), 13.01-15.00, 14 (42.42%) and 15.01-17.00, is 5 (15.16%). The lowest hemoglobin was 11.2 gr/dl, the highest hemoglobin was 15.8 gr/dl, the average hemoglobin level after donation was 13.5 gr/dl and the difference in the average hemoglobin level was 0.79 gr/dl.

Conclusion : The average hemoglobin level before donation was 14.34 gr/dL and after blood donation was 13.5 gr/dL. The decrease in hemoglobin levels before and after was 0.79 gr/dL.

Keywords : Blood donation, Hemoglobin.

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