

# POLA MAKAN DAN KUALITAS TIDUR PENDONOR GAGAL SELEKSI HEMOGLOBIN DI UDD PMI KABUPATEN SLEMAN TAHUN 2025

## INTISARI

Salsabila Fikra Irvani<sup>1</sup>, Yuli Astuti<sup>2</sup>, Dwi Ani Danarsih<sup>3</sup>

**Latar Belakang:** Donor darah merupakan kegiatan penting dalam pelayanan kesehatan, namun banyak calon pendonor ditolak karena kadar hemoglobin yang tidak memenuhi syarat, terutama hemoglobin rendah. Rendahnya kadar hemoglobin dapat dipengaruhi oleh pola makan dan kualitas tidur yang tidak baik. Di UDD PMI Kabupaten Sleman, dari total 6.491 pendonor, terdapat 7,38% yang ditolak karena kadar hemoglobin tidak sesuai, mayoritas karena anemia.

**Tujuan Penelitian:** Penelitian ini bertujuan untuk menggambarkan pola makan dan kualitas tidur pendonor yang gagal seleksi akibat kadar hemoglobin di UDD PMI Kabupaten Sleman tahun 2025.

**Metode Penelitian:** Jenis penelitian ini adalah deskriptif kuantitatif. Populasi dalam penelitian ini adalah pendonor yang ditolak karena kadar hemoglobin. Sampel dalam penelitian ini sebanyak 30, dengan teknik *quota sampling*. Instrumen yang digunakan adalah kuesioner *Food Frequency Questionnaire* (FFQ) dan *Pittsburgh Sleep Quality Index* (PSQI). Analisis data dilakukan secara univariat.

**Hasil Penelitian:** responden penelitian dengan kategori usia, dewasa 60%, remaja akhir 33.3%, lansia 6.7%, kategori jenis kelamin perempuan 76.7%, laki-laki 23.3%, dan kategori pekerjaan wiraswasta 33.3%, IRT 26.7%, mahasiswa 23.3%, swasta 10.% dan PNS 6.7%. Kadar hemoglobin responden anemia sebanyak 86.7% dan tinggi 13.3%. Pola Makan adalah kategori pola makan cukup 66.7% kurang 33.3% dan baik 0%. Kualitas Tidur buruk 70% dan baik 30%.

**Kesimpulan:** Sebagian besar pendonor gagal seleksi adalah berusia dewasa 60%, perempuan 76,7% dan pekerjaan wiraswasta 33,3%. Mayoritas responden mengalami anemia 86,7%, pola makan cukup 66,7%, dan kualitas tidur buruk 70%.

**Kata Kunci:** Hemoglobin, Kualitas Tidur, Pola Makan

---

<sup>1</sup>Mahasiswa Program Studi Teknologi Bank Darah Universitas Jenderal Achmad Yani Yogyakarta

<sup>2,3</sup>Dosen Program Studi Teknologi Bank Darah Universitas Jenderal Achmad Yani Yogyakarta

**DIET AND SLEEP QUALITY OF DONORS WHO FAILED  
HEMOGLOBIN SELECTION AT UDD PMI SLEMAN DISTRICT  
YEAR 2025**

**ABSTRACT**

Salsabila Fikra Irvani<sup>1</sup>, Yuli Astuti<sup>2</sup>, Dwi Eni Danarsih<sup>3</sup>

**Background:** Blood donation is an important activity in health services, but many prospective donors are rejected because their hemoglobin levels do not meet the requirements, especially low hemoglobin. Low hemoglobin levels can be influenced by poor diet and sleep quality. In the UDD PMI Sleman Regency, out of a total of 6,491 donors, 7.38% were rejected because their hemoglobin levels were not appropriate, mostly due to anemia.

**Objective:** This study aims to describe the eating patterns and sleep quality of donors who failed the selection due to hemoglobin levels at the PMI UDD, Sleman Regency in 2025.

**Methods:** This type of research is quantitative descriptive. The population in this study were donors who were rejected due to hemoglobin levels. The sample in this study was 30, with a quota sampling technique. The instruments used were the Food Frequency Questionnaire (FFQ) and Pittsburgh Sleep Quality Index (PSQI). Data analysis was carried out univariately.

**Results:** respondents of the study by age category, adults 60%, late teens 33.3%, elderly 6.7%, female gender category 76.7%, male 23.3%, and self-employed job category 33.3%, housewives 26.7%, students 23.3%, private 10.% and civil servants 6.7%. The hemoglobin levels of anemia respondents were 86.7% and high 13.3%. Eating patterns are the category of sufficient eating patterns 66.7% less 33.3% and good 0%. Poor Sleep Quality 70% and good 30%.

**Conclusion:** Most of the donors who failed the selection were adults (60%), women (76.7%), and self-employed (33.3%). The majority of respondents had anemia (86.7%), adequate diet (66.7%), and poor sleep quality (70%).

**Keywords:** Hemoglobin, Sleep Quality, Diet.

---

<sup>1</sup>Blood Bank Technology Study Program Student, General Achmad Yani University, Yogyakarta

<sup>2,3</sup> Lecturer of Blood Bank Technology Study Program, General Achmad Yani University, Yogyakarta