

GAMBARAN FAKTOR-FAKTOR YANG MEMPENGARUHI KADAR HEMOGLOBIN PADA CALON PENDONOR WANITA YANG DITOLAK DI UDD PMI KABUPATEN KLATEN TAHUN 2025

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INTISARI

Latar Belakang: Donor darah adalah tindakan mendonorkan darah sukarela untuk digunakan transfusi. Donor darah bagi wanita seringkali terhambat karena rendahnya kadar hemoglobin yang dipengaruhi pola makan, menstruasi, dan merokok.

Tujuan Penelitian: Penelitian ini bertujuan untuk mengetahui faktor yang mempengaruhi kadar hemoglobin calon pendonor wanita yang ditolak di UDD PMI Kabupaten Klaten tahun 2025.

Metode Penelitian: Pada penelitian deskriptif kuantitatif ini, 78 sampel calon donor wanita yang ditolak karena tingkat hemoglobin dipilih menggunakan teknik *purposive sampling* dan dianalisis menggunakan kuesioner *Food Frequency Questionnaire* dengan analisis univariat.

Hasil Penelitian: Karakteristik calon pendonor wanita yang ditolak karena kadar hemoglobin di UDD PMI Kabupaten Klaten tahun 2025 berdasarkan usia mayoritas 26-45 tahun sebanyak 44 orang (56,4%), berdasarkan tingkat pendidikan mayoritas SMA sebanyak 36 orang (46,2%), berdasarkan jenis pekerjaan mayoritas lain-lain (ibu rumah tangga, guru, dll) sebanyak 43 orang (55,1%), dan riwayat pendonor mayoritas pendonor ulang sebanyak 61 orang (78,2%). Faktor yang mempengaruhi kadar hemoglobin berdasarkan pola makan didapatkan pendonor dengan pola makan mayoritas kategori kurang sebanyak 59 orang (75,6%), berdasarkan siklus menstruasi mayoritas perlu pemantauan sebanyak 46 orang (59,%), sedangkan berdasarkan riwayat merokok termasuk kategori rendah sebanyak 77 orang (98,7%).

Kesimpulan: Calon pendonor wanita yang ditolak karena kadar hemoglobin di UDD PMI Kabupaten Klaten tahun 2025 mayoritas dikarenakan pola makan termasuk kategori kurang, siklus menstruasi tergolong perlu pemantauan, dan riwayat merokok termasuk kategori rendah.

Kata Kunci : hemoglobin, pola makan, siklus menstruasi, riwayat merokok

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DESCRIPTION OF FACTORS AFFECTING HAEMOGLOBIN LEVELS IN FEMALE DONOR CANDIDATES REJECTED AT BLOOD DONATION UNIT OF PMI KLATEN DISTRICT IN 2025

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ABSTRACT

Background: Blood donation is the act of voluntarily donating blood for transfusion purposes. Blood donation for women is often hindered due to low haemoglobin levels influenced by diet, menstruation, and smoking.

Objective: The objective of this study was to the factors that influence the haemoglobin levels of potential female donors at the Blood Donation Unit of PMI Klaten Regency in 2025.

Methods: In this quantitative descriptive study, 78 samples of female donor candidates who were rejected due to haemoglobin levels were selected using purposive sampling technique and analyzed using the Food Frequency Questionnaire with univariate analysis.

Results: The characteristics of rejected female prospective donors due to haemoglobin levels at the Blood Donation Unit of PMI Klaten Regency in 2025 according to age, the majority of them are 26-45 years old totaling 44 people (56.4%), based on education level, the majority are high school graduates totaling 36 people (46.2%), based on occupation, the majority are in other categories (housewives, teachers, etc.) totaling 43 people (55.1%), and based on donor history, the majority are repeat donors totaling 61 people (78.2%). Factors affecting haemoglobin levels based on dietary patterns showed that donors with poor dietary patterns totaled 59 people (75.6%), based on menstrual cycles, the majority need monitoring totaling 46 people (59%), while based on smoking history, the majority are in the low category totaling 77 people (98.7%).

Conclusion: Female donor candidates who were rejected due to haemoglobin levels at the PMI Blood Donation Unit in Klaten Regency in 2025 were mostly due to dietary patterns classified as insufficient, menstrual cycles that require monitoring, and a smoking history classified as low.

Keywords : *haemoglobin, dietary patterns, menstrual cycle, smoking history*

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