

**HUBUNGAN KUALITAS TIDUR TERHADAP KADAR HEMOGLOBIN
PADA MAHASISWA UNIVERITAS JENDERAL ACHMAD YANI
YOGYAKARTA TAHUN 2025**

Yeny Oktavia¹, Elyn Arlinda², Nur Aini Purnamaningsih³

INTISARI

Latar Belakang: Donor darah merupakan tindakan kemanusiaan yang memerlukan kondisi kesehatan yang optimal, salah satunya kadar hemoglobin yang mencukupi. Salah satu faktor penting yang mendasari kondisi tubuh yang sehat namun kerap diabaikan adalah kualitas tidur.

Tujuan Penelitian: Penelitian ini bertujuan untuk mengetahui hubungan kualitas tidur terhadap kadar hemoglobin pada mahasiswa Universitas Jenderal Achmad Yani Yogyakarta tahun 2025.

Metode Penelitian: Penelitian ini menggunakan desain observasional dengan pendekatan *cross sectional*. Sampel penelitian ini adalah mahasiswa tingkat pertama Prodi TBD Universitas Jenderal Achmad Yani Yogyakarta sebanyak 45 sampel. Penelitian ini menggunakan instrumen kuesioner PSQI untuk mengukur kualitas tidur dan Hb meter untuk mengukur kadar Hb. Hasil penelitian ini di analisis menggunakan uji Chi-Square dengan nilai *p-value* < 0,05.

Hasil Penelitian: Hasil penelitian ini mayoritas responden adalah ber usia 17–19 tahun sebanyak 35 orang (77,8%) dengan mayoritas jenis kelamin perempuan sebanyak 37 orang (82,2%). memiliki kualitas tidur yang buruk (82,2%) dan sebanyak 27 responden (60%) memiliki kadar hemoglobin rendah. Hasil uji statistik Chi-Square menunjukkan terdapat hubungan yang signifikan antara kualitas tidur dan kadar hemoglobin ($p = 0,026$).

Kesimpulan: Terdapat hubungan antara kualitas tidur dengan kadar hemoglobin dari hasil uji statistik Chi-Square ($p = 0,026$).

Kata kunci: *hemoglobin, kualitas tidur, mahasiswa*

¹ Mahasiswa TBD Universitas Jenderal Achmad Yani Yogyakarta

^{2,3} Dosen TBD Universitas Jenderal Achmad Yani Yogyakarta

**THE RELATIONSHIP BETWEEN SLEEP QUALITY AND
HEMOGLOBIN LEVELS AMONG STUDENTS OF JENDERAL
ACHMAD YANI UNIVERSITY YOGYAKARTA IN 2025**

Yeny Oktavia¹, Elyn Arlinda², Nur“Aini Purnamanigsih³

ABSTRACT

Background: Blood donation is a humanitarian act that requires an individual to be in optimal health condition, including having an adequate hemoglobin level. One of the crucial yet often overlooked factors that support overall health is sleep quality.

Objective: This study aims to examine the relationship between sleep quality and hemoglobin levels among first-year students at Universitas Jenderal Achmad Yani Yogyakarta in 2025.

Methods: A cross-sectional observational design was employed in this study. A total of 45 first-year students from the Blood Bank Technology Study Program participated as respondents. The Pittsburgh Sleep Quality Index (PSQI) questionnaire was used to assess sleep quality, while a digital hemoglobin meter was used to measure hemoglobin levels. Data were analyzed using the Chi-Square test with a significance level set at $p < 0.05$.

Results: Most respondents were between 17–19 years old (77.8%) and female (82.2%). A total of 82.2% of the students had poor sleep quality, and 60% had low hemoglobin levels. The Chi-Square test revealed a statistically significant relationship between sleep quality and hemoglobin levels ($p = 0.026$).

Conclusion: There is a significant association between sleep quality and hemoglobin levels. Students with poor sleep quality are more likely to have lower hemoglobin levels, which may affect their eligibility to donate blood.

Keywords: hemoglobin, sleep quality, students

¹ Student of TBD Program, Jeneral Achmad Yani University, Yogyakarta

^{2,3} Lecturer of TBD Program, Jeneral Achmad Yani University, Yogyakarta