

GAMBARAN FAKTOR MENGENAI KETIDAKSEDIAAN MENJADI PENDONOR DARAH SUKARELA PADA SISWA DI SMK MUHAMMADIYAH 1 YOGYAKARTA 2025

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INTISARI

Latar Belakang : Donor darah sukarela merupakan upaya penting dalam pelayanan kesehatan karena dapat menyelamatkan banyak nyawa. Namun, partisipasi pelajar, khususnya remaja, masih tergolong rendah.

Tujuan Penelitian : Untuk mengetahui gambaran faktor-faktor yang memengaruhi ketidaksediaan siswa di SMK Muhammadiyah 1 Yogyakarta untuk menjadi pendonor darah sukarela.

Metode Penelitian : Penelitian deskriptif kuantitatif dengan sampel 30 siswa kelas XII. Data diperoleh melalui kuesioner dan dianalisis menggunakan distribusi frekuensi serta persentase.

Hasil : Mayoritas siswa berusia 17 tahun (50%) dan didominasi oleh perempuan (63,3%). Faktor fisik meliputi usia <17 tahun (23,3%) dan berat badan <50 kg (16,7%). Faktor biologis tidak ditemukan, seluruh responden (100%) tidak memiliki riwayat penyakit kronis maupun infeksi menular. Faktor psikologis paling dominan adalah rasa takut terhadap jarum suntik (33,3%).

Kesimpulan : Hambatan ketidaksediaan siswa untuk mendonorkan darah terutama berasal dari faktor psikologis dan fisik, sedangkan faktor biologis tidak berperan. Edukasi dan pendekatan psikologis diperlukan untuk mengurangi hambatan tersebut.

Kata Kunci : *Donor darah sukarela, faktor psikologis, faktor fisik.*

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**An Overview of Factors Affecting the Unwillingness to Become Voluntary
Blood Donors Among Students at SMK Muhammadiyah 1 Yogyakarta in
2025**

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ABSTRACT

Background : Voluntary blood donation plays a vital role in healthcare services as it contributes significantly to saving lives. Nevertheless, the level of participation among adolescents, particularly high school students, remains relatively low.

Objective : This study aimed to explore the factors underlying the unwillingness of students at SMK Muhammadiyah 1 Yogyakarta to become voluntary blood donors.

Method : A descriptive quantitative study was conducted involving 30 students of grade XII. Data were collected using questionnaires and analyzed through frequency distribution and percentages.

Result : The majority of students were 17 years old (50%) and female (63.3%). Physical barriers included being under 17 years old (23.3%) and weighing less than 50 kg (16.7%). No biological factors were found, as all respondents (100%) had no history of chronic or infectious diseases. The most dominant psychological factor was fear of needles (33.3%).

Conclusion : Students' unwillingness to donate blood was mainly influenced by psychological and physical factors, while biological factors were not identified. Continuous health education and psychological interventions are recommended to improve students' readiness to participate as voluntary blood donors.

Keywords : *Voluntary Blood Donation, Psychological Factors, Physical Factors.*

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