

**GAMBARAN KUALITAS TIDUR TERHADAP KADAR HEMOGLOBIN
PADA PENDONOR SUKARELA
DI UDD PMI KABUPATEN BANTUL TAHUN 2024**

Noberta Wibenena Dejang¹, Dwi Eni Danarsih², Nur'Aini Purnamaningsih³

INTISARI

Latar Belakang: Seleksi donor merupakan tahap awal sebelum orang mendonorkan darahnya. Penolakan calon pendonor darah pada tahap seleksi donor dikarenakan kadar hemoglobin rendah. Salah satu faktor yang mempengaruhi kadar hemoglobin adalah kualitas tidur.

Tujuan Penelitian: Penelitian ini bertujuan untuk mengetahui gambaran kualitas tidur terhadap kadar hemoglobin pendonor sukarela di UDD PMI Kabupaten Bantul tahun 2024.

Metode Penelitian: Penelitian ini merupakan deskriptif kuantitatif. Besar sampel dihitung menggunakan rumus Slovin dan didapatkan sebanyak 85 responden. Teknik pengambilan sampel menggunakan *accidental random sampling*. Kualitas tidur diukur menggunakan *Kuesioner Pittsburgh Sleep Quality* (PSQI), pemeriksaan kadar hemoglobin menggunakan HemoCue 301.

Hasil Penelitian: Karakteristik pendonor sukarela di UDD PMI Kabupaten Bantul tahun 2024 mayoritas tergolong usia 17-25 tahun sebanyak 41 orang (48,24%), jenis kelamin laki-laki sebanyak 48 orang (56,47%), golongan darah O sebanyak 34 orang (40,00%), golongan darah Rhesus positif sebanyak 85 orang (100%), dan jumlah donasi 1-10 kali sebanyak 36 orang (42,35%). Kualitas tidur baik sebanyak 56 orang (65,88%), kualitas buruk sebanyak 29 orang (34,12%). Mayoritas kadar hemoglobin normal sebanyak 42 orang (49,41%). Kualitas tidur baik mempunyai kadar hemoglobin normal sebanyak 39 orang (69,6%), kualitas tidur buruk mempunyai kadar hemoglobin rendah sebanyak 17 orang (58,6%).

Kesimpulan: Pendonor darah sukarela dengan kualitas tidur buruk mempunyai kadar hemoglobin rendah, sedangkan pendonor sukarela dengan kualitas tidur baik mempunyai kadar hemoglobin normal.

Kata Kunci: *Kadar Hemoglobin, Kualitas Tidur, Pendonor Sukarela*

¹Mahasiswa Teknologi Bank Darah Universitas Jenderal Achmad Yani Yogyakarta

²Dosen Teknologi Bank Darah Universitas Jenderal Achmad Yani Yogyakarta

³Dosen Teknologi Bank Darah Universitas Jenderal Achmad Yani Yogyakarta

**DESCRIPTION OF SLEEP QUALITY ON HEMOGLOBIN LEVELS IN
VOLUNTARY DONORS
IN BLOOD DONATION UNIT PMI BANTUL DISTRICT IN 2024**

Noberta Wibenena Dejang¹ Dwi Eni Danarsih² Nur'Aini Purnamaningsih³

ABSTRACT

Background: Donor selection is the initial stage before people donate their blood. Rejection of potential blood donors at the donor selection stage is due to low hemoglobin levels. One of the factors that affect hemoglobin levels is sleep quality.

Objective: The objective of this study was to describe the sleep quality on hemoglobin levels of voluntary donors at Blood Donation Unit PMI Bantul Regency in 2024.

Methods: This research is descriptive quantitative. The sample size was calculated using the Slovin formula and obtained 85 respondents. The sampling technique used accidental random sampling. Sleep quality was measured using the Pittsburgh Sleep Quality Questionnaire (PSQI), hemoglobin level examination using HemoCue 301.

Results: The characteristics of voluntary donors at UDD PMI Bantul Regency in 2024 were mostly aged 17-25 years as many as 41 people (48.24%), male gender as many as 48 people (56.47%), blood type O as many as 34 people (40.00%), positive Rhesus blood type as many as 85 people (100%), and the number of donations 1-10 times as many as 36 people (42.35%). Sleep quality is good as many as 56 people (65.88%), poor quality as many as 29 people (34.12%). The majority of normal hemoglobin levels were 42 people (49.41%). Good sleep quality has normal hemoglobin levels as many as 39 people (69.6%), poor sleep quality has low hemoglobin levels as many as 17 people (58.6%).

Conclusion: Voluntary blood donors with poor sleep quality have low hemoglobin levels, while voluntary donors with good sleep quality have normal hemoglobin levels.

Keywords: *Hemoglobin Levels, Sleep Quality, Voluntary Donors*

¹Blood Bank Technology Student of Universitas Jenderal Achmad Yani Yogyakarta

²Lecturer in Blood Bank Technology at Universitas Jenderal Achmad Yani Yogyakarta

³Lecturer in Blood Bank Technology at Universitas Jenderal Achmad Yani Yogyakarta