

**GAMBARAN GAYA HIDUP PENDONOR DARAH YANG MENGALAMI
GAGAL SELEKSI AKIBAT HIPERTENSI DI PMI KABUPATEN
KLATEN TAHUN 2025**

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INTISARI

Latar Belakang : Donor darah merupakan kegiatan sukarela yang penting dalam upaya penyelamatan nyawa. Namun, tidak semua calon pendonor dapat lolos seleksi, salah satunya karena hipertensi. Hipertensi dipengaruhi oleh gaya hidup, seperti kebiasaan merokok, tingkat aktivitas fisik, konsumsi garam, alkohol, tingkat stres, dan indeks massa tubuh.

Tujuan Penelitian : Untuk menggambarkan gaya hidup pendonor darah yang mengalami gagal seleksi akibat hipertensi di PMI Kabupaten Klaten tahun 2025.

Metode Penelitian : Penelitian ini menggunakan desain kuantitatif deskriptif, dengan teknik pengambilan sampling menggunakan metode *Purposive Sampling*, serta sampel dalam penelitian ini adalah pendonor darah yang mengalami gagal seleksi akibat hipertensi sebanyak 50 responden. Pada pengambilan data penelitian ini menggunakan kuesioner DASS, dan MET, dan data dianalisis menggunakan distribusi frekuensi dalam bentuk persentase.

Hasil : Hasil penelitian menunjukkan mayoritas responden berjenis kelamin laki-laki (58%) dan berusia pra-lansia (45-59 tahun) sebanyak 62 %. Responden dengan tingkat stres sedang sebesar 50%. Responden yang memiliki aktivitas fisik rendah sebanyak 60%. Kebiasaan merokok pada responden sebanyak 56%, konsumsi garam >5 gram perhari pada responden sebanyak 68%, konsumsi alkohol pada 20% responden, dan mayoritas memiliki IMT pada kategori *overweight* sebesar 28%.

Kesimpulan : Mayoritas pendonor yang mengalami gagal seleksi akibat hipertensi memiliki pola gaya hidup yang seperti tingkat stres sedang, memiliki kebiasaan merokok, konsumsi garam tinggi, aktivitas fisik rendah, dan kelebihan berat badan pada kategori *overweight*.

Kata Kunci : *Gagal Seleksi Donor, Gaya Hidup, Hipertensi.*

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OVERVIEW OF THE LIFESTYLE OF BLOOD DONORS WHO HAVE FAILED SELECTION DUE TO HYPERTENSION AT PMI KLATEN REGENCY IN 2025

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ABSTRACT

Background : Blood donation is a vital voluntary act that contributes significantly to saving lives. However, not all prospective donors qualify during the screening process, with hypertension being a leading cause of deferral. Hypertension is strongly associated with modifiable lifestyle factors such as smoking, physical inactivity, excessive salt intake, alcohol consumption, psychological stress, and elevated body mass index (BMI).

Objective : This study aims to explore the lifestyle characteristics of blood donors who were disqualified due to hypertension at the Klaten District Red Cross (PMI) in 2025.

Method : A descriptive quantitative approach was employed using purposive sampling. A total of 50 disqualified donors were recruited. Data were collected using validated instruments: the Depression Anxiety Stress Scales (DASS) and the Metabolic Equivalent Task (MET) questionnaire. Results were analyzed using descriptive statistics and presented in percentage distributions.

Result : The majority of respondents were male (58%) and within the pre-elderly age group (45–59 years) (62%). Moderate stress levels were reported by 50% of participants. Low physical activity was found in 60% of the sample. Smoking prevalence was 56%, while 68% exceeded the recommended daily salt intake (>5 grams). Alcohol consumption was reported by 20%, and 28% were categorized as overweight based on BMI.

Conclusion : The majority of blood donors disqualified due to hypertension exhibited unhealthy lifestyle patterns, including moderate stress levels, smoking, high salt consumption, low physical activity, and overweight status. These findings highlight the need for targeted health education and lifestyle interventions among prospective blood donors.

Keywords : *Blood Donor Failure, Hypertension, Lifestyle.*

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