

**GAMBARAN KADAR HEMOGLOBIN PADA MAHASISWA
UKM FUTSAL UNIVERSITAS JENDERAL ACHMAD
YANI YOGYAKARTA TAHUN 2025**

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INTISARI

Latar Belakang: Hemoglobin merupakan protein penting dalam eritrosit yang berfungsi membawa oksigen ke seluruh tubuh. Aktivitas fisik seperti futsal dapat memengaruhi kadar hemoglobin karena meningkatnya kebutuhan oksigen saat berolahraga. Pemeriksaan kadar hemoglobin penting dilakukan sebagai langkah preventif terhadap gangguan kesehatan seperti anemia, terutama pada mahasiswa yang aktif secara fisik. Berdasarkan studi pendahuluan, terdapat 4 dari sekitar 10 mahasiswa UKM Futsal Universitas Jenderal Achmad Yani Yogyakarta tahun 2025 yang sudah rutin melakukan pemeriksaan hemoglobin.

Tujuan Penelitian: Mengetahui gambaran kadar hemoglobin pada mahasiswa UKM Futsal Universitas Jenderal Achmad Yani Yogyakarta tahun 2025 berdasarkan karakteristik usia dan semester perkuliahan, serta kadar hemoglobin.

Metode Penelitian: Penelitian ini menggunakan pendekatan deskriptif kuantitatif dengan total sampling terhadap 24 mahasiswa UKM Futsal. Data diperoleh melalui pemeriksaan kadar hemoglobin menggunakan alat *Hb Checker EasyTouch GCHb* dan dianalisis secara univariat.

Hasil: Mayoritas responden berusia 20 tahun sebanyak 8 orang (33,3%), disusul usia 19 tahun 7 orang (29,2%), dan usia 21 tahun 5 orang (20,8%). Berdasarkan semester, sebanyak 11 responden (45,8%) berada pada semester II, 7 orang (29,2%) semester IV, dan 6 orang (25,0%) semester VI. Seluruh responden (100,0%) memiliki kadar hemoglobin normal (13–18 g/dL), dengan mayoritas responden memiliki kadar hemoglobin antara 16–<17 gr/dL.

Kesimpulan: Hasil penelitian ini menunjukkan bahwa mayoritas responden ada pada usia 20 tahun, yaitu sebanyak 8 orang (33,3%). Dan pada semester perkuliahan menunjukkan bahwa kebanyakan responden berada pada semester II, yaitu sebanyak 11 orang (45,8%). Serta seluruh responden memiliki kadar hemoglobin dalam kategori normal, yaitu sebanyak 24 orang (100,0%).

Kata Kunci: *Futsal, Hemoglobin, Mahasiswa*

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**OVERVIEW OF HEMOGLOBIN LEVELS AMONG FUTSAL STUDENT
ACTIVITY UNIT MEMBERS AT UNIVERSITAS JENDERAL
ACHMAD YANI YOGYAKARTA IN 2025**

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ABSTRACT

Background: Hemoglobin is an essential protein found in erythrocytes that functions to transport oxygen throughout the body. Physical activities such as futsal can affect hemoglobin levels due to the increased oxygen demand during exercise. Monitoring hemoglobin levels is important as a preventive measure against health issues such as anemia, especially in physically active university students. Based on a preliminary study, 4 out of approximately 10 futsal student members at Universitas Jenderal Achmad Yani Yogyakarta in 2025 were already regularly checking their hemoglobin levels.

Objective: This study aims to describe the hemoglobin levels of students in the Futsal Student Activity Unit at Universitas Jenderal Achmad Yani Yogyakarta in 2025, based on their age, academic semester, and measured hemoglobin levels.

Method: This research employed a descriptive quantitative approach using a total sampling technique involving 24 active futsal student members. Hemoglobin levels were measured using the EasyTouch GCHb Hemoglobin Checker device and analyzed using univariate analysis.

Results: The majority of respondents were 20 years old (8 students or 33.3%), followed by 19 years old (7 students or 29.2%), and 21 years old (5 students or 20.8%). Based on academic semester, 11 students (45.8%) were in semester II, 7 students (29.2%) in semester IV, and 6 students (25.0%) in semester VI. All respondents (100.0%) had hemoglobin levels within the normal range (13–18 g/dL), with most students having levels between 16–<17 g/dL.

Conclusion: This study shows that most respondents were 20 years old (33.3%) and enrolled in semester II (45.8%). Additionally, all participants had hemoglobin levels within the normal range, totaling 24 students (100.0%).

Keywords: *Futsal, Hemoglobin, University students*

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