

INTISARI

Anggit Tri Suparno Aji. NIM 1191008 Gambaran Kadar Hemoglobin Sebelum dan Sesudah Donor Darah pada Karang Taruna Bima Toriyo Sukoharjo

Donor darah adalah salah satu tindakan mulia untuk menyumbangkan darahnya kepada yang membutuhkan. Namun banyak masyarakat yang masih kurang minat untuk mendonorkan darahnya karena takut darah habis (anemia) setelah donor darah. Hemoglobin merupakan senyawa protein yang berada di sel darah merah (eritrosit). Kadar Hemoglobin sebagai salah satu komponendalam sel darah merah merupakan salah satu indikator seseorang mengalami anemia, oleh karenanyakehilangan darah seperti saat mendonor darah dapat menyebabkan penurunan kadar hemoglobin

Penelitian ini bertujuan untuk mengetahui gambaran kadar hemoglobin sebelum dan sesudah donor darah. Jenis penelitian ini adalah penelitian diskriptif menggunakan teknik *acidential sampling*. Sampel dalam penelitian ini adalah 27 pendonor sukarela Karang Taruna BIMA Toriyo Sukoharjo yang bersedia menandatangani *inform concent*. Kadar hemoglobin sebelum dan sesudah donor darah di ukur menggunakan alat *Point of Care Testing (POCT) easy touch GCHb*. Hasil dalam penelitian ini sebanyak 27 responden memiliki kadar hemoglobin normal (12,5 – 16 g/dl) sebelum donor darah dengan rata rata 14,6 g/dl, nilai tertinggi 16 g/dl dan nilai terendah 12,5 g/dl. Sedangkan setelah donor darah rata-rata hemoglobin masih dalam kisaran normal dengan nilai rata-rata 13,3 g/dl, nilai tertinggi 15 g/dl dan nilai terendah 11,3 g/dl.

Kesimpulan dalam penelitian ini adalah terjadi penurunan kadar hemoglobin sesudah melakukan donor darah, penurunan kadar hemoglobin akibat donor darah masih dalam kisaran normal.

Kata Kunci : Hemoglobin, Donor darah

ABSTRACT

Anggit Tri Suparno Aji. NIM 1191008 *Description of the Number of Haemoglobin Before and After Blood Donation in Youth Organization Bima Toriyo Sukoharjo*

Blood donation is a noble act to donate blood to those in need. However, many people are still not interested in donating blood for fear of running out of blood (anemia) after donating blood. Hemoglobin is a protein compound found in red blood cells (erythrocytes). Hemoglobin levels as one of the components in red blood cells are an indicator of someone experiencing anemia, therefore blood loss such as when donating blood can cause a decrease in hemoglobin levels.

This study aims to determine the description of hemoglobin levels before and after blood donation. This type of research is descriptive research using accidental sampling technique. The sample in this study were 27 voluntary donors of Karang Taruna BIMA Toriyo Sukoharjo who were willing to sign the informed consent. Hemoglobin levels before and after blood donation were measured using the Point of Care Testing (POCT) easy touch GCHb. The results in this study were 27 respondents had normal hemoglobin levels (12.5 – 16 g/dl) before blood donation with an average of 14.6 g/dl, the highest value of 16 g/dl and the lowest value of 12.5 g/dl. Meanwhile, after blood donation, the average hemoglobin was still in the normal range with an average value of 13.3 g/dl, the highest value of 15 g/dl and the lowest value of 11.3 g/dl.

The conclusion in this study is that there is a decrease in hemoglobin levels after blood donation, a decrease in hemoglobin levels due to blood donation is still in the normal range.

Keywords: Hemoglobin, Blood donation