

INTISARI

Warsito, C A S. 2021. *Pemeriksaan Kadar Hemoglobin Pada Anak Usia Sekolah Di Desa Plosorejo Kelurahan Pagak Kecamatan Sumberlawang Kabupaten Sragen. Karya Tulis Ilmiah, Program Studi D3 Analis Kesehatan, Fakultas Ilmu Kesehatan Universitas Setia Budi Surakarta.*

Anemia merupakan salah satu masalah kesehatan anak sekolah di dunia, hal ini disebabkan karena anemia dapat disebabkan oleh banyak faktor seperti kelainan genetik, kekurangan gizi atau nutrisi tertentu seperti kekurangan zat besi atau vitamin. Anemia memberikan dampak negatif bagi anak, seperti menurunnya kemampuan berfikir, terganggunya aktifitas fisik, menurunnya respon imun dalam menghadapi infeksi. Tujuan dari penelitian ini untuk mengetahui gambaran pemeriksaan kadar hemoglobin pada anak usia sekolah di Desa Plosorejo, Kelurahan Pagak, Kecamatan Sumberlawang, Kabupaten Sragen.

Penelitian ini merupakan penelitian deskriptif, pengambilan data dengan pemeriksaan kadar haemoglobin dilakukan pada April 2021 di Desa Plosorejo, Kelurahan Pagak, Kabupaten Sragen. Subyek penelitian adalah anak usia sekolah (6-12 Tahun) berjumlah 50 responden. Teknik pengambilan sampel dengan menggunakan *purposive sampling*. Pemeriksaan haemoglobin menggunakan POCT dengan specimen darah kapiler.

Berdasarkan pemeriksaan kadar hemoglobin yang telah dilakukan dapat digambarkan kadar hemoglobin normal ditemukan sebanyak 38 responden (76%) sedangkan kadar hemoglobin kurang dari normal sebanyak 12 responden (24%). Faktor-faktor yang mungkin berpengaruh terjadinya anemia adalah tidak meminum obat cacing secara teratur, olah fisik yang cukup serta kebiasaan memeriksakan kesehatan secara rutin. Penyakit anemia dapat diderita anak dengan status gizi yang beragam, maka perlu diperhatikan asupan makanan yang sehat dan bergizi seperti sayuran, buah, lauk pauk serta mengkonsumsi tablet penambah darah sesuai anjuran dokter.

Kata Kunci : Anak Usia Sekolah, Hemoglobin, *POCT*

ABSTRACT

Warsito, C A S. 2021. *Examination of Hemoglobin Levels in School-Age Children in Plosorejo Village Pagak Subdistrict Sumberlawang Sragen. Scientific Paper, D3 Study Program of Health Analysts, Faculty of Health Sciences, Setia Budi Surakarta University.*

Anemia is one of the health problems of school children in the world, this is caused because anemia can be caused by many factors such as genetic abnormalities, malnutrition or certain nutrients such as iron or vitamin deficiency. Anemia has negative impacts for children, such as decreased thinking ability, impaired physical activity, decreased immune response in the face of infection. The purpose of this study is to find out the picture of hemoglobin level examination in school-age children in Plosorejo Village, Pagak Subdistrict, Sumberlawang Subdistrict, Sragen Regency.

This research is descriptive research, data collection with haemoglobin level examination conducted in April 2021 in Plosorejo Village, Pagak Village, Sragen Regency. The subjects of the study were school-age children (6-12 years old) numbering 50 respondents. Sampling techniques using purposive sampling. Haemoglobin examination using POCT with capillary blood specimen.

Based on the examination of hemoglobin levels that have been done can be described normal hemoglobin levels found as many as 38 people (76%) while hemoglobin levels are less than normal as many as 12 people (24%). Factors that may affect the occurrence of anemia are not taking worm medicine regularly, adequate physical exercise and the habit of checking health regularly. Anemia can be suffered by children with diverse nutritional status, it is necessary to pay attention to the intake of healthy and nutritious foods such as vegetables, fruit, side dishes and consume blood-enhancing tablets as advised by the doctor.

Keywords : School Age Children, Hemoglobin, *POCT*