INTISARI

Margana, A.M. 2022. *Pemeriksaan Kadar Hemoglobin Pada Pengonsumsi Kopi Di Wilayah Karanganyar*. Program Studi D3 Analis Kesehatan, Fakultas Ilmu Kesehatan Universitas Setia Budi.

Kopi merupakan salah satu jenis minuman yang saat ini banyak dikonsumsi. Salah satu efek konsumsi kopi yang masih dipertanyakan yaitu terhadap penurunan kadar hemoglobin. Kopi mengandung lebih dari seribu zat yang berbeda diantaranya kafein, kafestol, kahweol, tanin, pitat dan asam klorogenik. Kebiasaan minum kopi sesaat atau setelah makan dapat menyebabkan anemia. Hal itu terjadi karena kandungan tanin dan kafein di dalam kopi akan menghambat penyerapan zat besi yang dibutuhkan oleh tubuh. Penelitian ini bertujuan untuk mengetahui gambaran pemeriksaan kadar hemoglobin pada pengonsumsi kopi di wilayah Karanganyar.

Penelitian ini adalah penelitian deskriptif. Waktu penelitian dilaksanakan pada bulan Mei – Juni 2022. Lokasi penelitian adalah di wilayah Karanganyar. Subyek penelitian berjumlah 30 responden laki-laki berusia 17-25 tahun. Pengambilan sampel secara *purposive sampling*. Penelitian ini menggunakan darah vena dengan antikoagulan EDTA yang diperiksa dengan alat hematologi analyzer Mindray BC-2800.

Hasil penelitian menunjukkan bahwa hasil pemeriksaan kadar hemoglobin pada pengonsumsi kopi diperoleh sebanyak 20 responden (66,7%) memiliki kadar hemoglobin normal, 6 responden (20,0%) memiliki kadar hemoglobin rendah dan 4 responden (13,3%) memiliki kadar hemoglobin tinggi.

Kata Kunci : Kadar Hemoglobin, Kopi.

ABSTRACT

Margana, A.M. 2022. *Examination of Hemoglobin Levels in Coffee Consumers in the Karanganyar Region*. Health Analyst D3 Study Program, Faculty of Health, Setia Budi University.

Coffee is one type of beverage that is currently widely consumed. One of the questionable effects of coffee consumption is the decrease in hemoglobin levels. Coffee contains more than a thousand different substances including caffeine, cafestol, kahweol, tannins, phytic and chlorogenic acid. The habit of drinking coffee immediately or after eating can cause anemia. This happens because the tannin and caffeine content in coffee will inhibit the absorption of iron needed by the body. This study aims to describe the examination of hemoglobin levels in coffee consumers in the Karanganyar area.

This research is descriptive research. The time of the research was carried out in May – June 2022. The research location was in the Karanganyar area. The research subjects were 30 men aged 17-25 years. Sampling by purposive sampling. This study used venous blood with EDTA anticoagulant which was examined with a Mindray BC-2800 hematology analyzer.

The results showed that the results of the examination of hemoglobin levels in coffee consumers were obtained as many as 20 respondents (66.7%) had normal hemoglobin levels, 6 respondents (20.0%) had low hemoglobin levels and 4 respondents (13.3%) had hemoglobin levels tall.

Keywords : Hemoglobin Level, Coffee.