

## INTISARI

**Ludin, A.L. 2023. *Gambaran Anemia Pada Mahasiswi Fakultas Ilmu Kesehatan Universitas Setia Budi Surakarta. "Karya Tulis Ilmiah", Program Studi D3 Analisis Kesehatan Fakultas Ilmu Kesehatan Universitas Setia Budi.***

Anemia merupakan masalah kesehatan yang masih sering terjadi, terutama pada usia remaja baik kelompok laki - laki maupun perempuan. Sebagian besar dari remaja tidak memperhatikan pola hidupnya sehingga suka begadang dan makan makanan cepat saji. Anemia ditentukan menggunakan konsentrasi hemoglobin perempuan tidak hamil dikatakan anemia jika kadar hemoglobin < 12 g/dL. Penelitian ini bertujuan untuk mengetahui gambaran anemia pada mahasiswi Fakultas Ilmu Kesehatan Universitas Setia Budi.

Jenis penelitian ini adalah penelitian deskriptif. Waktu penelitian dilaksanakan pada bulan Februari – Mei 2023. Lokasi penelitian pengambilan sampel dilaksanakan di Universitas Setia Budi dan pemeriksaan sampel dilakukan di Laboratorium Kesehatan Daerah Surakarta. Subyek penelitian berjumlah 50 responden mahasiswi Fakultas Ilmu Kesehatan Universitas Setia Budi. Teknik sampel secara *purposive sampling*. Sampel pemeriksaan adalah darah vena EDTA yang diperiksa kadar hemoglobin, *antal eritrosit*, hematokrit dan *indeks eritrosit* menggunakan alat *hematology analyzer*.

Hasil penelitian menunjukkan bahwa responden dengan kondisi anemia sebanyak 18 orang (36%), dan jumlah responden dengan kondisi non anemia sebanyak 32 orang (64%). Didapat 13 orang (72%) mengalami anemia mikrositik hipokromik dan 5 orang (28%) mengalami anemia mikrositik normokromik.

**Kata Kunci :** Gambaran Anemia, Mahasiswi.

## ABSTRACT

**Ludin, A.L. 2023. Description of Anemia in Students of the Faculty of Health Sciences, Setia Budi University, Surakarta. "Scientific Writing", D3 Health Analyst Study Program, Faculty of Health Sciences, Setia Budi University.**

Anemia is a health problem that often occurs, especially in adolescents in both male and female groups. Most of the teenagers do not pay attention to their lifestyle so they like to stay up late and eat fast food. Anemia is determined using the hemoglobin concentration. A non-pregnant woman is said to be anemic if her hemoglobin level is  $<12$  g/dL. This study aims to determine the description of anemia in female students of the Faculty of Health Sciences, Setia Budi University.

This type research is a descriptive research. The time of the research was carried out in February - May 2023. The research location for sampling was carried out at Setia Budi University and sample examination was carried out at the Surakarta Regional Health Laboratory. The research subjects were 50 female student respondents at the Faculty of Health Sciences, Setia Budi University. The sample technique is purposive sampling. The examination sample was EDTA venous blood which was examined for hemoglobin levels, antal erythrocytes, hematocrit and erythrocyte index using a hematology analyzer.

The results showed that there were 18 respondents with anemic conditions (36%), and the number of respondents with non-anemic conditions were 32 people (64%). It was found that 13 people (72%) had hypochromic microcytic anemia and 5 people (28%) had normochromic microcytic anemia.

**Keywords:** Anemia description, female students.