

INTISARI

Rianti, N A. 2021. *Gambaran Kadar Hemoglobin Pada Remaja Pengonsumsi Minuman Beralkohol Di Kecamatan Seputih Banyak Kabupaten Lampung Tengah*. Karya Tulis Ilmiah, Program Studi D3 Analis Kesehatan, Fakultas Ilmu Kesehatan Universitas Setia Budi Surakarta.

Etil alkohol atau etanol merupakan bentuk alkohol yang umum seringkali disebut sebagai alkohol minuman, dimana konsumsi alkohol yang berlebihan dapat menyebabkan penyakit hati dan mempengaruhi kadar hemoglobin dalam tubuh karena kemampuannya dalam mengganggu absorpsi zat besi. Kadar hemoglobin merupakan indikator biokimia untuk mengetahui status gizi peminum tuak karena penurunan konsentrasi hemoglobin merupakan tanda dari anemia. Secara global masih banyak ditemukan budaya masyarakat yang mengkonsumsi alkohol. Oleh karena itu, peneliti tertarik meneliti pengonsumsi minuman beralkohol terhadap sistem darah. Tujuan penelitian ini adalah untuk mengetahui gambaran kadar hemoglobin pada remaja pengonsumsi minuman beralkohol di Kecamatan Seputih Banyak Kabupaten Lampung Tengah.

Penelitian kadar hemoglobin dilakukan pada bulan Maret - April 2021 bertempat di Kecamatan Seputih Banyak. Penelitian ini bersifat deskriptif dengan sampel 55 remaja (12-24 tahun) pengonsumsi minuman beralkohol yang ada di Kecamatan Seputih Banyak Kabupaten Lampung Tengah. Teknik pengambilan sampel dengan menggunakan *purposive sampling* dan *quota sampling*. Pengumpulan data dilakukan dengan pemberian kuisioner dan pemeriksaan hemoglobin dengan menggunakan alat POCT (*Point of Care Testing*). Setelah data terkumpul selanjutnya dilakukan analisis data secara univariat.

Hasil pemeriksaan kadar hemoglobin normal sebanyak 44 responden (80%), kadar hemoglobin lebih dari normal sebanyak 7 responden (13%) dan kadar hemoglobin kurang dari normal sebanyak 4 responden (7%). Kesimpulan dari penelitian yang telah dilakukan hampir seluruh remaja pengonsumsi minuman beralkohol memiliki kadar hemoglobin normal. Disarankan remaja peminum alkohol untuk mengurangi konsumsi alkohol secara berlebih dan memperhatikan asupan gizi terutama konsumsi daging, vitamin C dan sayur untuk mempermudah absorpsi zat besi, memperhatikan aktivitas dan pola istirahat.

Kata Kunci: Alkohol, Hemoglobin, Remaja

ABSTRACT

Rianti, N A. 2021. *Picture of Hemoglobin Levels In Adolescents Consuming Alcoholic Beverages In Districts As White As Many Central Lampung Districts*. Scientific Paper, D3 Study Program of Health Analysts, Faculty of Health Sciences, Setia Budi Surakarta University.

Ethyl alcohol or ethanol is a common form of alcohol often referred to as alcohol drink, where excessive alcohol consumption can cause liver disease and affect hemoglobin levels in the body due to its ability to interfere with iron absorption. Hemoglobin levels are a biochemical indicator to determine the nutritional status of drinkers because a decrease in hemoglobin concentration is a sign of anemia. Globally there is still a lot of culture of people who consume alcohol. Therefore, researchers are interested in researching the consumption of alcoholic beverages against the blood system. The purpose of this study is to find out the picture of hemoglobin levels in adolescents consuming alcoholic beverages in Seputih District of Many Central Lampung Districts.

Hemoglobin level research was conducted in March - April 2021 in Seputih Banyak Subdistrict. This study is descriptive with a sample of 55 teenagers (12-24 years old) consuming alcoholic beverages in Seputih District of Many Central Lampung Regency. Sampling techniques using purposive sampling and quota sampling. Data collection is done by questionnaireing and hemoglobin examination using POCT (Point of Care Testing). After the data is collected, the data analyst is done univariately.

The results of the examination of normal hemoglobin levels as many as 44 respondents (80%), hemoglobin levels more than normal as many as 7 respondents (13%) and hemoglobin levels were less than normal as many as 4 respondents (7%). The conclusion of the study that has been conducted almost all adolescents consuming alcoholic beverages has normal hemoglobin levels. It is recommended that adolescents drink alcohol to reduce excessive alcohol consumption and pay attention to nutritional intake especially the consumption of meat, vitamin C and vegetables to facilitate the absorption of iron, pay attention to activities and rest patterns.

Keywords: Alcohol, Hemoglobin, Adolescents