

ABSTRACT

Analysis of Differences in Hemoglobin Levels Before and After Giving Iron Tablets to Voluntary Donors at UTD PMI Jombang Regency. Della Mellina (2023) Scientific Writing, D-3 Study Program Blood Bank Technology Malang, Health Polytechnic of the Ministry of Health Malang. Examiner Budi Susatia, S.Kp, M.Kes

Keywords: “hemoglobin”, “menstruation”

Puberty in girls is marked by the appearance of menstruation. Menstruation is indeed one of the aspects of sexual maturation that first occurs during a woman's puberty. Menstruation is the periodic expulsion of blood and body cells from the uterine wall. Menstruation can result in a decrease in hemoglobin which is characterized by blood events in the body. Hemoglobin is a protein pigment in red blood cells that contains iron and functions mainly in transporting oxygen from the lungs to all body tissue cells and transporting monosaccharide carbon back from all lung cells to be excreted from the body. This study aims to determine the difference in hemoglobin levels before menstruation and before menstruation. The type of research used is descriptive and uses secondary data with a literature study (systematic review) of existing research quantitatively using a Hematology Analyzer. as many as 26 respondents (87%) and the remaining 4 respondents (13%) had Hb levels in the normal category. The results of the study (Siti Nuraini, 2018) The results of the study of hemoglobin levels before menstruation had an average value of 14.42 g / dl and the results of post-menstrual hemoglobin levels had an average value of 10.9 g / dl, which means that the difference in hemoglobin levels before menstruation and postmenstrual significant (there is a difference). And the results of the study (Siti Hadijah, Hasnawati, Masyita Putri Hafid, 2019) The average test (average) on the results of the hemoglobin examination got 11.21 g/dl which showed hemoglobin levels in women during menstruation were less than normal. Each sample was said to be normal and not anemic based on the World Health Organization (WHO). The normal Hb level in adolescent girls is 12 g/dL. Adolescent girls are said to be anemic if the Hb level is <12gr/dL. It can be said that there are differences in hemoglobin levels before and before menstruation in women, namely hemoglobin levels before menstruation are lower than before menstruation.