

CHARACTERISTICS OF SUSTAINABLE DONORS AT THE PMI BLOOD BANKING UNIT IN BLITAR CITY

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ABSTRACT

Introduction : Sustainable blood donation involves regularly donating blood according to a schedule as a lifestyle, without expecting any reward, reflecting altruism. Sustainable blood donors play a crucial role in facilitating blood donation and promoting public awareness, particularly among those unfamiliar with the benefits of donating blood. **Research Objective :** This study aimed to determine the characteristics of sustainable donors at the UDD PMI Blitar City from January to June 2025. **Method :** The descriptive research method used secondary data from SIMDON DAR, employing a checklist as an instrument. The sample included all sustainable donors, categorized by gender, age, blood type, blood pressure, weight, hemoglobin levels, donation frequency, and occupation, from January to June 2025. **Research Result :** The study found 4,176 sustainable donors in January-June 2025, with most being male (3,087 or 73.9%), aged 25-44 years (2,236 or 53.54%), with blood type O (1,631 or 39.05%), blood pressure of 120-129 mmHg (1,661 or 39.78%), a body weight above 45 kg (1,998 or 47.84%), hemoglobin levels of 13.5-14.9 g/dL (1,571 or 37.62%), donation frequency of 10-24 times (1,746 or 41.82%), and employed in other jobs (924 or 22.12%). **Conclusion :** The study concludes that sustainable donors maintain relatively stable characteristics and meet the requirements for sustainable blood donation, thereby contributing to a stable blood supply.

Keywords : blood donor, sustainable donor, donor characteristics