DESCRIPTION OF HEMOGLOBIN LEVELS IN PROSPECTIVE DONORS WHO HAVE SMOKING HABITS AT UDD PMI MALANG DISTRICT IN OCTOBER TO NOVEMBER 2024

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ABSTRACT

Background: Blood donation is an important activity to meet medical needs, especially in critical situations such as accidents or surgery. One of the main requirements for prospective donors is adequate hemoglobin levels, which are 12.5-17 g/LD. However, smoking habits are known to significantly affect hemoglobin levels. Indonesia, as a country with a high prevalence of smokers, faces challenges in maintaining the quality of donated blood. **Research Purposes:** to find out the hemoglobin levels in prospective donors who have a smoking habit. **Research Methods:** This research is a quantitative descriptive study, the sample in this study is prospective donors who have a smoking habit. This research was conducted in October to November at the UDD PMI Malang Regency. **Research Result:** The results showed that the majority of respondents were male (100%) with a dominant age of 19-59 years (90%). Most respondents worked in the self-employed sector (77%) and smoked in open environments (53%). As many as 90% of respondents had been active smokers for more than two years, with the majority consuming 2 to 1 pack of cigarettes per day (83%). The type of cigarette most widely consumed was filter cigarettes (47%). The hemoglobin levels of the majority of respondents were within the normal range (13-17 g/dl, 83%), although there was an increase in hemoglobin levels as cigarette consumption increased. **Conclusion:** Most respondents who have a smoking habit have normal hemoglobin levels.

Key word: smoking habit, hemoglobin levels