

## ABSTRAK

Risikedas tahun 2018, menyebut 7,8% penduduk Indonesia mengonsumsi mie instan/makanan lainnya setiap harinya. Pada provinsi Jawa Timur menyebut 4,6% penduduk Indonesia mengonsumsi mie instan/makanan lainnya setiap harinya. Mie instan telah menjadi makanan pokok dunia yang memiliki banyak varian rasa, harga terjangkau dan memiliki waktu simpan jangka panjang. Saat ini mie instan menjadi makanan favorit banyak orang salah satunya adalah mahasiswa. Konsumsi mie instan berlebihan tanpa menambahkan sumber protein akan mengganggu proses pembentukan hemoglobin yang membutuhkan makanan kaya zat besi. Penelitian ini bertujuan untuk mengetahui gambaran kadar hemoglobin sebelum dan sesudah mengonsumsi mie instan pada mahasiswa jurusan TLM. Penelitian ini menggunakan jenis penelitian deskriptif analitik. Penelitian ini dilakukan di Laboratorium Hematologi Jurusan TLM Politeknik Kesehatan Kemenkes Surabaya pada Oktober 2021 sampai dengan April 2022. Sampel dalam penelitian adalah wanita atau pria berusia 18 sampai 22 tahun, wanita tidak sedang menstruasi dan pria bukan perokok yang telah memenuhi kriteria sebanyak 30 orang yang akan diperiksa kadar hemoglobin sebelum dan sesudah mengonsumsi mie instan. Pemeriksaan kadar hemoglobin menggunakan alat POCT. Hasil penelitian menunjukkan bahwa rata-rata nilai kadar hemoglobin sebelum mengonsumsi mie instan dalam kategori normal memiliki rerata sebesar 14,0 g/dl dan standar deviasi 1,767, sedangkan kadar hemoglobin sesudah mengonsumsi mie instan dalam kategori normal memiliki rerata sebesar 13,9 g/dl dan standar deviasi 1,537, sehingga dapat disimpulkan bahwa kadar hemoglobin pada mahasiswa sebelum dan sesudah mengonsumsi mie instan mengalami penurunan.

**Kata kunci :** *Kadar Hemoglobin, Mie Instan, Mahasiswa*

## **ABSTRACT**

Riskesdas 2018, stated that 7.8% of the Indonesian population consumes instant noodles/other foods every day. In the province of East Java, 4.6% of the Indonesian population consumes instant noodles/other foods every day. Instant noodles have become a staple in the world, which have many flavors, are affordable and have a long shelf life. Currently instant noodles are the favorite food of many people, one of which is students. Excessive consumption of instant noodles without adding a protein source will interfere with the process of forming hemoglobin which requires iron-rich foods. This study aims to determine the description of hemoglobin levels before and after consuming instant noodles in students majoring in TLM. This research uses descriptive analytic research. This research was conducted at the Hematology Laboratory of the TLM Department of Health Polytechnic of the Ministry of Health Surabaya from October 2021 to April 2022. The samples in the study were women or men aged 18 to 22 years, women who were not menstruating and men who were not smokers who had met the criteria as many as 30 people who would be enrolled. checked hemoglobin levels before and after consuming instant noodles. Examination of hemoglobin levels using the POCT tool. The results showed that the average hemoglobin level before consuming instant noodles in the normal category had an average of 14.0 g/dl and a standard deviation of 1.767, while the hemoglobin level after consuming instant noodles in the normal category had an average of 13.9 g/dl. and a standard deviation of 1.537, so it can be concluded that the hemoglobin level in students before and after consuming instant noodles decreased.

**Keywords :** Hemoglobin Level, Instant Noodles, Students