

ABSTRAK

Waktu tidur yang ideal untuk seorang remaja adalah 7 hingga 9 jam dalam sehari. Apabila durasi tidur kita kurang dari waktu yang ideal, hal ini akan menyebabkan proses pembaharuan sel-sel tersebut akan berjalan secara tidak maksimal dan akan mengganggu proses pembuatan hemoglobin sehingga jumlah hemoglobin yang diproduksi tidak akan mencukupi kebutuhan tubuh kita. Kekurangan hemoglobin dan eritrosit dalam tubuh akan menyebabkan jumlah oksigen yang diangkut ke dalam jaringan berkurang.

Tujuan dari penelitian ini yaitu untuk mengetahui gambaran kadar hemoglobin dan jumlah eritrosit pada mahasiswa teknologi laboratorium medis poltekkes kemenkes surabaya yang memiliki kebiasaan tidur larut malam.

Berdasarkan penelitian ini didapatkan hasil kadar hemoglobin wanita sebanyak 17 orang (48%) normal dan 10 orang (29%) rendah. Sedangkan kadar hemoglobin laki – laki 6 orang (17%) normal dan 2 orang (6%) rendah. Hasil hitung jumlah eritrosit wanita sebanyak 25 orang (71%) normal dan 2 orang (6%) tinggi, Sedangkan hitung jumlah eritrosit laki – laki semua normal yaitu 8 orang (23%). Sehingga dari penelitian ini dapat disimpulkan bahwa mahasiswa yang memiliki kebiasaan tidur larut malam sebagian besar hasil pemeriksaan kadar hemoglobin dan jumlah eritrosit normal.

Kata Kunci: “ kadar hemoglobin dan jumlah eritrosit, mahasiswa, kebiasaan tidur larut malam “.

ABSTRACT

The ideal sleep time for a teenager is 7 to 9 hours a day. If the duration of our sleep is less than the ideal time, this will cause the renewal process of these cells to run not optimally and will interfere with the process of making hemoglobin so that the amount of hemoglobin produced will not meet the needs of our body. Lack of hemoglobin and erythrocytes in the body will cause the amount of oxygen transported to the tissues to decrease.

The purpose of this study was to determine the description of hemoglobin levels and the number of erythrocytes in medical laboratory technology students at the Health Polytechnic of the Ministry of Health in Surabaya who have the habit of sleeping late at night.

Based on this study, it was found that the hemoglobin levels of women were 17 people (48%) normal and 10 people (29%) low. Meanwhile, the hemoglobin levels of 6 men (17%) were normal and 2 (6%) were low. The results of the female erythrocyte count were 25 people (71%) normal and 2 people (6%) high, while the count of male erythrocytes were all normal, namely 8 people (23%). So from this study it can be concluded that students who have the habit of sleeping late at night mostly have normal hemoglobin levels and erythrocyte counts.

Keywords: ‘ hemoglobin level and erythrocyte count, students, sleeping late at night ’.