

**POLITEKNIK KESEHATAN TANJUNGPURUN
JURUSAN TEKNOLOGI LABORATORIUM MEDIS
PROGRAM STUDI TEKNOLOGI
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**Gambaran Kadar Hemoglobin Pada Perokok Aktif
(Studi Pustaka)**

Xiv+20 halaman, 2 tabel, 1 gambar, 13 lampiran

ABSTRAK

Hemoglobin adalah protein yang mengikat besi sebagai komponen utama dalam eritrosit dengan fungsi transportasi oksigen dan karbon monoksida serta memberikan warna merah dalam darah. Perokok aktif adalah orang yang mengkonsumsi rokok secara rutin meskipun hanya 1 batang sehari. Penelitian ini bertujuan untuk mengetahui kadar hemoglobin pada perokok aktif dan mengetahui pengaruh merokok terhadap kadar hemoglobin. Penelitian ini dilakukan dengan metode studi pustaka, pencarian terhadap artikel ilmiah secara online menggunakan aplikasi google melalui database Google Scholar, Researchgate, Biomed Central, dan Pubmed. Hasil penelitian dari 10 jurnal kadar hemoglobin pada subjek yang merokok berada pada rentang 13,5 g/dl – 24,2 g/100 ml. Didapatkan 8 jurnal yang menyatakan kadar normal hemoglobin pada perokok aktif yaitu, antara 13,5-16,26 g/d. Dua jurnal menyatakan hasil kadar hemoglobin yang tinggi pada perokok, yaitu 24,2 g/100 ml dan 17,89 g/dl. Didapatkan empat jurnal menyatakan adanya pengaruh signifikan $p=0,01$, $p=0,05$, $p=0,00$ dan $p=0,08$. Dan lima jurnal yang menyatakan tidak adanya pengaruh yang signifikan, $p<0,02$, $p=0,140$, $p=0,065$, $p=0,634$, $p=0,15$.

Kata Kunci : Hemoglobin, Perokok Aktif, Rokok, Merokok

Daftar Bacaan : 31 (2007-2020)

**TANJUNGPURANG HEALTH POLYTECHNIC
MEDICAL LABORATORY TECHNOLOGY DEPARTMENT
TECHNOLOGY STUDY PROGRAM
MEDICAL LABORATORY DIPLOMA PROGRAM THREE**

Final Project Report, December 2022
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**Description of Hemoglobin Levels in Active Smokers
(Literature review)**

Xiv+20 pages, 2 tables, 1 figure, 13 attachments

ABSTRACT

Hemoglobin is a protein that binds iron as the main component in erythrocytes with the function of transporting oxygen and carbon monoxide and giving blood a red color. Active smokers are people who consume cigarettes regularly even if only 1 cigarette a day. This study aims to determine hemoglobin levels in active smokers and determine the effect of smoking on hemoglobin levels. This research was conducted using the literature study method, searching for scientific articles online using the Google application through the Google Scholar, Researchgate, Biomed Central, and Pubmed databases. The results of research from 10 journals of hemoglobin levels in subjects who smoke are in the range of 13.5 g/dl – 24.2 g/100 ml. There were 8 journals which stated that the normal level of hemoglobin in active smokers was between 13.5-16.26 g/d. Two journals stated the results of high hemoglobin levels in smokers, namely 24.2 g/100 ml and 17.89 g/dl. Four journals found that there was a significant effect $p=0.01$, $p=0.05$, $p=0.00$ and $p=0.08$. And five journals which stated that there was no significant effect, $p<0.02$, $p=0.140$, $p=0.065$, $p=0.634$, $p=0.15$.

Keywords: Hemoglobin, Active Smokers, Cigarettes, Smoking
Reading List : 31 (2007-2020)