

POLITEKNIK KESEHATAN TANJUNGPINANG
PROGRAM STUDI TEKNOLOGI LABORATORIUM MEDIS
PROGRAM DIPLOMA TIGA

Karya Tulis Ilmiah, Juli 2022

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**Gambaran Kadar Hemoglobin, Hematokrit Dan Jumlah Eritrosit Pemain Game Online
Di Jurusan Teknologi laboratorium Medis Tahun 2022**

xiv+25 halaman, 3 gambar, 4 tabel,dan 11 lampiran

ABSTRAK

Bermain game online secara berlebihan bisa membawa pengaruh negatif diantaranya pola makan dan pola tidur yang kurang baik. Pola makan dan pola tidur yang kurang baik dapat menjadi pemicu penurunan kadar Hemoglobin yang disebabkan karena menurunnya hormon eritropoetin akibat metabolisme yang tidak seimbang. Penelitian ini bertujuan untuk mengetahui gambaran kadar hemoglobin, hematokrit dan jumlah eritrosit pada pemain game online di Jurusan Teknologi Laboratorium Medis Tahun 2022. Penelitian ini bersifat deskriptif observasional dengan desain *crosssectional*. Variabel penelitian ini adalah kadar hemoglobin, hematokrit dan jumlah eritrosit. Populasi penelitian adalah semua pemain game online yang merupakan mahasiswa di Jurusan Teknologi Laboratorium Medis Tahun 2022 dan sampel diambil dari populasi dengan kriteria bermain game online lebih dari 3 jam sehari. Penelitian ini dilaksanakan pada bulan Mei tahun 2022. Hasil penelitian diperoleh distribusi frekuensi didapatkan nilai rata-rata hemoglobin sebesar 16,3 g/dl, dengan nilai maksimal 19,9 g/dl, dan nilai minimal 10,5 g/dl, kemudian pada parameter hematokrit didapatkan nilai rata-rata 35,9%, dengan nilai maksimal 49,2%, dan nilai minimal 26,1%, sedangkan pada parameter eritrosit didapatkan nilai rata-rata $4,47 \times 10^6$ sel/ μ l, dengan nilai maksimal $6,32 \times 10^6$ sel/ μ l, dan nilai minimal $3,40 \times 10^6$ sel/ μ l. Persentase pemain game online yang mengalami anemia berdasarkan kadar hemoglobin sebesar 37% (10 mahasiswa).

Kata Kunci : Pemain game online, hemoglobin, hematokrit, jumlah eritrosit

Daftar Bacaan : 36 (2005-2022)

TANJUNGKARANG HEALTH POLYTECHNIC
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MEDICAL LABORATORY TECHNOLOGY STUDY PROGRAM
THREE DIPLOMA PROGRAM
Scientific Writing, July 2022

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Description of Hemoglobin Levels, Hematocrit and Erythrocyte Counts of Online Game Players in the Department of Medical Laboratory Technology in 2022
xiv+25 pages, 3 picture, 4 tables, and 11 attachments

ABSTRACT

Playing online games excessively can have negative effects including poor diet and sleep patterns. Poor eating patterns and sleeping patterns can trigger a decrease in hemoglobin levels caused by a decrease in the hormone erythropoietin due to an imbalanced metabolism. This study aims to describe the levels of hemoglobin, hematocrit and erythrocyte count in online game players at the Department of Medical Laboratory Technology in 2022. This study was descriptive observational with a cross-sectional design. The variables of this study were hemoglobin, hematocrit and erythrocyte counts. The research population is all online game players who are students in the Department of Medical Laboratory Technology in 2022 and the sample is taken from the population with the criteria of playing online games more than 3 hours a day. This research was conducted in May 2022. The results obtained from the frequency distribution obtained an average hemoglobin value of 16.3 g/dl, with a maximum value of 19.9 g/dl, and a minimum value of 10.5 g/dl, then in the hematocrit parameter obtained an average value of 35.9%, with a maximum value of 49.2%, and a minimum value of 26.1%, while the erythrocyte parameter obtained an average value of 4.47×10^6 cells/ μ l, with a maximum value of 6.32×10^6 cells/ μ l, and a minimum value of 3.40×10^6 cells/ μ l. The percentage of online game players who have anemia based on hemoglobin levels is 37% (10 students).

Keyword : Player online game, hemoglobin, hematocrit, erythrocyte count

Reading list : 36 (2005-2022)