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Laelatul Azizah

Hubungan *Monocyte Lymphocyte Ratio* (MLR) dan Kadar Feritin Pada Pasien *Human Immunodeficiency Virus* (HIV) Dengan Terapi ARV TLD di Puskesmas Sukabumi Kota Bandar Lampung

xvi + 38 halaman, 5 gambar, 9 tabel, 17 lampiran

ABSTRAK

Human immunodeficiency virus (HIV) merupakan virus yang menyerang sistem kekebalan tubuh. Pada pasien HIV, terapi antiretroviral (ARV) dengan regimen *tenofovir/lamivudine/dolutegravir* (TLD) menjadi pilihan utama karena efektifitasnya dalam menekan replikasi virus dan menstabilkan sistem imun serta memiliki efek samping yang lebih ringan. *Monocyte lymphocyte ratio* (MLR) dan kadar feritin merupakan indikator yang dapat mencerminkan tingkat peradangan dalam tubuh. Tujuan dari penelitian ini adalah menganalisis hubungan nilai *Monocyte lymphocyte ratio* (MLR) dan kadar feritin pada pasien HIV dengan terapi ARV TLD. Jenis penelitian ini analitik dengan desain *cross sectional*. Jumlah populasi sebanyak 44 pasien HIV dengan terapi ARV TLD, sampel penelitian berjumlah 30 pasien yang memenuhi kriteria inklusi. Penelitian dilakukan pada bulan April-Juni 2025 di Puskesmas Sukabumi Kota Bandar Lampung. Hasil penelitian didapatkan rata-rata nilai MLR adalah 0,23 dengan nilai tertinggi 0,61 dan nilai terendah 0,08. Rata-rata kadar feritin adalah 68,76 ng/ml dengan kadar tertinggi 343,10 ng/ml dan kadar terendah 0,17 ng/ml. Hasil uji korelasi *spearman* tidak didapatkan hubungan yang signifikan antar nilai MLR dan kadar feritin pada pasien HIV dengan terapi ARV TLD dengan p-value 0,177 ($>0,05$), tingkat hubungan sangat lemah dan berpola positif dengan nilai $r=0,253$.

Kata Kunci : HIV, *Monocyte lymphocyte ratio* (MLR), feritin serum, terapi antiretroviral, *dolutegravir*, inflamasi, infeksi virus

Daftar Bacaan : 63 (2007-2025)

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Laelatul Azizah

Relationship Between Monocyte Lymphocyte Ratio (MLR) and Ferritin Levels in Human Immunodeficiency Virus (HIV) Patients with TLD ARV Therapy at Sukabumi Health Center, Bandar Lampung City

xvi + 38 pages, 5 figures, 9 tables, 17 appendices

ABSTRACT

Human immunodeficiency virus (HIV) is a virus that attacks the immune system. In HIV patients, antiretroviral therapy (ART) using the tenofovir/lamivudine/dolutegravir (TLD) regimen is the primary choice due to its effectiveness in suppressing viral replication, stabilizing the immune system, and causing fewer side effect. The monocyte-to-lymphocyte ratio (MLR) and ferritin leveles are indicators that can reflect the level of inflammation in the body. This study aimed to analyze the relationship between MLR and serum ferritin levels in HIV patients undergoing TLD-based ART. This was an analytical study with a cross-sectional design. The population consisted of 44 HIV patients receiving TLD therapy, with a sample of 30 patients who met the inclusion criteria. Teh study was conducted from April to June 2025 at Sukabumi Health Center, Bandar Lampung. The results showed that the avergae MLR was 0,23, with the highest value of 0,61 and the lowest of 0,08. The average ferritin levels was 68,76 ng/ml, with the highest at 343,10 ng/ml and the lowest at 0,17 ng/ml. Spearman correlation test results showed no significant relationship between MLR and ferritin levels in HIV patients on TLD therapy, with a p-value of 0,177 ($>0,05$), indicating a very weak positive correlation ($r=0,253$).

Keywords : *HIV, monocyte-to-lymphocyte ratio (MLR), serum ferritin, antiretroviral therapy, dolutegravir, inflammation, viral infection*

Reading list : *63 (2007-2025)*