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Perbandingan Jenis Anemia Berdasarkan Indeks Eritrosit Pada Lansia Yang Mengikuti Dengan Yang Tidak Mengikuti Posyandu Lansia Di Posyandu Pagar Gading Kecamatan Blambangan Kabupaten Lampung Utara Tahun 2025

XV+34 halaman, 2 gambar, 8 tabel, dan 13 lampiran

ABSTRAK

Lansia merupakan kelompok usia yang rentan mengalami gangguan kesehatan, salah satunya adalah anemia. Posyandu lansia hadir sebagai sarana pelayanan kesehatan preventif bagi lansia, namun belum banyak penelitian yang membandingkan jenis anemia berdasarkan indeks eritrosit pada lansia yang mengikuti dan tidak mengikuti posyandu. Penelitian ini bertujuan untuk mengetahui perbedaan jenis anemia berdasarkan indeks eritrosit (MCV, MCH, MCHC) pada lansia yang mengikuti dan yang tidak mengikuti posyandu lansia di Posyandu Pagar Gading, Kecamatan Blambangan, Kabupaten Lampung Utara. Jenis penelitian ini analitik observasional dengan desain cross-sectional. Analisa data yang digunakan uji *Mann-Whitney U* Sampel. Penelitian ini dilaksanakan pada bulan Februari-Mei 2025. Sampel penelitian ini adalah 130 lansia, yaitu 65 yang mengikuti dan 65 yang tidak mengikuti posyandu, yang dipilih melalui teknik purposive sampling. Hasil analisa univariat karakteristik responden berdasarkan jenis kelamin dan umur paling banyak lansia yang ikut posyandu perempuan (85,5%), di rentang umur 60-74 tahun (66%) dan yang tidak posyandu perempuan (80%) di rentang umur 45-59 tahun (63,1%). Hasil uji menunjukkan bahwa terdapat perbedaan bermakna pada nilai MCH ($p=0,021$), MCHC ($p=0,000$), dan MCV tidak menunjukkan perbedaan signifikan ($p=0,541$). Jenis anemia terbanyak pada kedua kelompok adalah anemia normokrom normositik pada lansia posyandu (65,3%) dan tidak posyandu (63,2%).

Kata Kunci : Anemia, Lansia, Posyandu
Daftar Bacaan : 36 (2004-2023)

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Comparison of Anemia Types Based on Erythrocyte Index in Elderly Who Attend and Those Who Do Not Attend the Elderly Posyandu at the Pagar Gading Posyandu, Blambangan District, North Lampung Regency in 2025

XV+34 pages, 2 figures, 8 tables, and 13 appendices

ABSTRACT

The elderly are an age group that is vulnerable to health problems, one of which is anemia. Elderly Posyandu is present as a means of preventive health services for the elderly, but there have been few studies comparing the types of anemia based on the erythrocyte index in the elderly who do and do not attend Posyandu. This study aims to determine the differences in the types of anemia based on the erythrocyte index (MCV, MCH, MCHC) in the elderly who do and do not attend the elderly Posyandu at Posyandu Pagar Gading, Blambangan District, North Lampung Regency. This type of research is observational analytic with a cross-sectional design. Data analysis used the *Mann-Whitney U* Sample test. This study was conducted in February-May 2025. The sample of this study was 130 elderly, namely 65 who participated and 65 who did not participate in Posyandu, who were selected using a purposive sampling technique. The results of the univariate analysis of respondent characteristics based on gender and age showed that the majority of elderly who attended posyandu were women (85.5%), in the age range of 60-74 years (66%) and those who did not attend posyandu were women (80%) in the age range of 45-59 years (63.1%). The test results showed that there was a significant difference in MCH values ($p = 0.021$), MCHC ($p = 0.000$), and MCV did not show a significant difference ($p = 0.541$). The most common type of anemia in both groups was normochromic normocytic anemia in elderly posyandu (65.3%) and non-posyandu (63.2%).

Keywords : Anemia, Elderly, Integrated Health Post
Reading List :36 (2004-2023)