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Hubungan *Viral Load* dengan Kadar Hemoglobin dan Kadar Albumin Serum pada Pasien *Human Immunodeficiency Virus* (HIV) Yang Menjalani Pengobatan ARV di Beberapa Puskesmas Bandar Lampung

XV + 35 Halaman, 8 tabel dan 18 lampiran

ABSTRAK

Human Immunodeficiency Virus (HIV) adalah penyakit yang menyebabkan penurunan kekebalan tubuh dan rentan terhadap infeksi oportunistik. Tingginya viral load mencerminkan replikasi virus yang intens dan terkait dengan peradangan sistemik, yang dapat menyebabkan anemia dan hipoalbuminemia. Tujuan penelitian ini adalah untuk mengetahui hubungan viral load dengan kadar hemoglobin dan kadar albumin serum pada pasien HIV yang menjalani pengobatan ARV di beberapa Puskesmas Bandar Lampung. Jenis penelitian ini adalah observasional analitik dengan rancangan *cross sectional*. Penelitian dilakukan di Puskesmas Sukabumi dan Puskesmas Gedong Air Kota Bandar Lampung pada bulan Maret hingga Mei 2025. Sampel penelitian berjumlah 37 pasien yang memenuhi kriteria. Analisis data menggunakan uji korelasi Spearman menggunakan program komputer. Hasil penelitian menunjukkan mayoritas responden adalah laki-laki (78,4%) dan kelompok usia terbanyak adalah 35-45 tahun (32,4%). Sebanyak 8 pasien perempuan (100%) memiliki viral load "Not Detected", pada pasien laki-laki, 27 pasien (93,1%) memiliki viral load "Not Detected" dan 2 pasien (6,9%) memiliki viral load "Detected". Rata-rata kadar hemoglobin 14,3 g/dL dan rata-rata kadar albumin 4,3 g/dL. Uji korelasi Spearman menunjukkan tidak ada hubungan yang signifikan antara viral load dengan kadar hemoglobin ($p = 0,975$; $r = 0,006$) maupun dengan kadar albumin serum ($p = 0,161$; $r = 0,235$) pada pasien HIV di beberapa Puskesmas Bandar Lampung.

Kata Kunci : *Human Immunodeficiency Virus*, Kadar Hemoglobin, Kadar Albumin Serum, *Viral Load*.

Daftar Bacaan : 51 (1991-2025)

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Relationship between Viral Load and Hemoglobin Levels and Serum Albumin Levels in Human Immunodeficiency Virus (HIV) Patients Undergoing ARV Treatment in Several Health Centers in Bandar Lampung

XV + 35 pages, 8 tables, and 18 attachments

ABSTRACT

Human Immunodeficiency Virus (HIV) is a disease that causes a decrease in immunity and is susceptible to opportunistic infections. High viral load reflects intense viral replication and is associated with systemic inflammation, which can lead to anemia and hypoalbuminemia. The purpose of this study is to determine the Relationship between Viral Load and Hemoglobin Levels and Serum Albumin Levels in Human Immunodeficiency Virus (HIV) Patients Undergoing ARV Treatment in Several Health Centers in Bandar Lampung. This type of research is observational analysis with a cross sectional design. The research was conducted at the Sukabumi Health Center and the Gedong Air Health Center in Bandar Lampung City from March to May 2025. The study sample amounted to 37 patients who met the criteria. Data analysis using the Spearman correlation test using a computer program. The results showed that the majority of respondents were male (78.4%) and the largest age group was 35-45 years old (32.4%). A total of 8 female patients (100%) had a viral load of "Not Detected", in male patients, 27 patients (93.1%) had a viral load of "Not Detected" and 2 patients (6.9%) had a viral load of "Detected". The average hemoglobin level was 14.3 g/dL and the average albumin level was 4.3 g/dL. The Spearman correlation test showed no significant relationship between viral load and hemoglobin levels ($p = 0.975$; $r = 0.006$) and serum albumin levels ($p = 0.161$; $r = 0.235$) in HIV patients in several Bandar Lampung Health Centers.

Keywords : Hemoglobin Levels, Human Immunodeficiency Virus, Serum Albumin Levels, Viral Load.

Reading List : 51 (1991-2025)