

# GAMBARAN KADAR HEMATOKRIT PADA PENDUDUK DAERAH TAMBAK LOROK KOTA SEMARANG

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## Abstrak

*Timbal merupakan logam yang dapat menyebabkan keracunan baik akut maupun kronik terhadap kesehatan. Paparan timbal pada tubuh manusia dapat meningkatkan kadar ALA (Aminolevulinic Acid) dalam darah, memperpendek umur sel darah merah dan menurunkan jumlah eritrosit. Tujuan penelitian untuk mengetahui gambaran kadar hematokrit pada penduduk Daerah Tambak Lorok Kota Semarang. Penelitian bersifat deskriptif dengan sampel darah EDTA dari 100 sampel penduduk Tambak Lorok. Data disajikan dalam bentuk tabel distribusi kadar hematokrit. Hasil penelitian berdasarkan persentase kadar hematokrit normal tertinggi terdapat pada dewasa 26-45 tahun 83% dari 24 sampel, tidak normal pada manula  $\geq 65$  tahun 3 sampel dari 34%. Lama tinggal normal tertinggi yang menetap 21-30 tahun 78% dari 7 sampel, tidak normal pada lama menetap 11-20 tahun 44% sebanyak 23 sampel. Penggunaan APD normal tertinggi yang menggunakan APD lengkap 100% dari 5 sampel, tidak normal responden yang tidak sama sekali menggunakan APD 34% sebanyak 28 sampel. Jenis kelamin normal tertinggi jenis kelamin laki-laki 85% dari 29 sampel, tidak normal terdapat jenis kelamin perempuan dari 38% sebanyak 25 sampel. Jenis pekerjaan normal tertinggi pada jenis pekerjaan nelayan dari 96% sebanyak 22 sampel, tidak normal terdapat jenis pekerjaan pedagang dari 38% sebanyak 5 sampel. Konsumsi kerang normal tertinggi responden yang konsumsi kerang seminggu sekali 85% sebanyak 11 sampel, tidak normal terdapat responden yang tidak konsumsi kerang 38% sebanyak 15 sampel. Hasil keseluruhan penelitian dari pemeriksaan kadar hematokrit dapat disimpulkan bahwa terdapat 70 sampel normal dan 30 sampel tidak normal, hasil yang masih dibawah normal perlu diberikan penyuluhan dengan parameter tertentu sehingga dapat diketahui responden yang lain.*

**KATA KUNCI :** Kadar Timbal, Kadar Hematokrit, Tambak Lorok

## DESCRIPTION OF HEMATOCRITE LEVELS IN THE POPULATION OF TAMBAK LOROK AREA, SEMARANG CITY

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### **Abstract**

*Lead is a metal that can cause acute and chronic health poisoning. Lead exposure on the human body can increase the levels of ALA (aminolevulinic acid) in the blood, m emperpendek lifespan of red blood cells and decrease the number of erythrocytes. The research objective was to describe the levels of hematocrit in the residents of the Tambak Lorok area, Semarang City. This research is descriptive with EDTA blood samples from 100 samples of Tambak Lorok residents. The data are presented in the form of a hematocrit level distribution table. The results of the study were based on the highest percentage of normal hematocrit levels in adults 26-45 years, 83% of 24 samples, abnormal in seniors  $\geq 65$  years 3 samples of 34%. LThe highest normal stay was 21-30 years old 78% of the 7 samples, abnormal at 11-20 years old 44% as many as 23 samples. The highest use of normal PPE using complete PPE is 100% of the 5 samples, it is not normal for respondents who do not use PPE at all 34% are 28 samples. The highest normal gender was male, 85% of the 29 samples, it was not normal that there was female sex from 38% of 25 samples. The highest type of normal work is in the type of fishermen's work from 96% of 22 samples, it is not normal that there are types of jobs of traders from 38% of 5 samples. The highest consumption of normal shellfish was respondents who consumed shellfish once a week, 85% as many as 11 samples, it was not normal that there were respondents who did not consume shellfish 38% as many as 15 samples. The results of the overall study from the examination of hematocrit levels can be concluded that there are 70 normal samples and 30 abnormal samples, results that are still below normal need to be given counseling with certain parameters so that other respondents can know.*

**KEY WORDS:** *Lead Levels, Hematocrit Levels, Tambak Lorok*