

ABSTRAK

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Program Studi : Kedokteran Umum
Judul : Hubungan kebiasaan minum teh dengan kadar hemoglobin pada Mahasiswa Fakultas Kedokteran Angkatan 2018 Universitas Yarsi Dan Tinjauannya Menurut Pandangan Islam.

Latar belakang : Anemia merupakan permasalahan masyarakat yang biasa terjadi diberbagai negara baik negara kaya maupun miskin, mayoritas anemia yang terjadi adalah anemia defisiensi besi. Anemia defisiensi besi pada anak-anak di Arab Saudi dan di Inggris dilaporkan berhubungan dengan kebiasaan minum teh

Tujuan: Mengetahui hubungan kebiasaan minum teh dengan kadar hemoglobin pada mahasiswa Fakultas Kedokteran angkatan 2018 Universitas Yarsi. Adapun tujuan khususnya meliputi mengetahui kadar hemoglobin, mengetahui hubungan konsumsi teh dengan kadar hemoglobin terhadap mahasiswa Fakultas Kedokteran angkatan 2018 Universitas Yarsi.

Metode : Penelitian ini menggunakan metode analitik observasional dengan pendekatan potong lintang (*cross sectional*), karena subyek diobservasi satu kali saja dan pengukuran variabelnya dilakukan pada saat yang bersamaan. Bertujuan untuk mengetahui bagaimana hubungan konsumsi teh dengan kadar hemoglobin pada mahasiswa Fakultas Kedokteran angkatan 2018 Universitas Yarsi. Dengan rumus solving didapatkan jumlah responden sebanyak 73.

Hasil : Hasil menyatakan bahwa responden yang memiliki kadar hemoglobin rendah cenderung masuk ke dalam kelompok responden dengan kebiasaan minum teh kadang-kadang sebanyak 11 dari 76 responden (14,47 %). Sedangkan 30 dari 76 responden yang memiliki kadar hemoglobin normal masuk ke dalam kelompok responden tidak pernah minum teh dalam kurun waktu 7 hari terakhir sebelum pemeriksaan (39,47 %). 1 dari 76 responden masuk ke dalam kategori sering minum teh (setiap hari meminum teh dalam kurun waktu 7 hari terakhir) justru menunjukkan kadar hemoglobin yang normal (1,32 %). Begitupun pada 27 dari 76 responden dengan kebiasaan minum teh kadang-kadang menunjukkan kadar hemoglobin yang normal (35,53 %) . Sedangkan pada kategori hemoglobin rendah tidak ditemukan responden dengan kebiasaan minum teh sering (0,0%) . Menurut data responden dengan kelompok minum teh kadang-kadang berpeluang memiliki kadar hemoglobin rendah . Kelompok dengan kebiasaan kadang-kadang minum teh sebanyak 11 responden (14,47 %) terkategori hemoglobin (Hb) rendah dan sebanyak 30 responden kelompok kebiasaan tidak pernah minum teh (39,47 %) terkategori hemoglobin (Hb) normal . Berdasarkan hasil pengujian uji chi kuadrat, didapat *p-value* sebesar 0,165.

Simpulan : Berdasarkan hasil penelitian hubungan kebiasaan minum teh dengan kadar hemoglobin pada Mahasiswa Fakultas Kedokteran angkatan 2018 Universitas YARSI dapat ditarik kesimpulan yaitu tidak ada hubungan antara kadar kebiasaan minum teh dengan Kadar hemoglobin (Hb) .

Kata kunci : Hemoglobin, Kebiasaan minum teh , Mahasiswa Yarsi.

ABSTRACT

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Title : *The Relation of Tea Consumption habits with Hemoglobin Levels on Class of 2018 students of Medical Faculty at Yarsi University and reviewed by Islamic point of view*

Background: Anemia is a common community problem in various countries both rich and poor countries, the majority of anemia that occurs is iron deficiency anemia. Iron deficiency anemia in children in Saudi Arabia and in the UK is reportedly related to tea consumption habits.

Objective: To determine the relation of tea consumption habits with hemoglobin levels on class of 2018 students of Medical Faculty at Yarsi University. The specific objectives include knowing hemoglobin levels, knowing the relation of tea consumption with hemoglobin levels on class of 2018 students of Medical faculty at Yarsi University.

Method: This study used an observational analytic method with a cross sectional approach, because the subjects were observed only once and the measurement of the variables was carried out at the same time. Aims to find out the relation of tea consumption habits with hemoglobin levels on class of 2018 students of Medical faculty at Yarsi University. With the solving formula calculation, there were minimum number of respondents are 73 respondents. And we use 76 respondents

Results: The results stated that respondents who had low hemoglobin levels tended into the group of respondents with periodically habit of drinking tea and that's 11 out of 76 respondents (14.47%). While 30 out of 76 respondents who had normal hemoglobin levels entered the group of respondents that had not any tea in last seven days before the test (39.47%). 1 out of 76 respondents entered into the category of frequent drinking tea (every day drinking tea in the last 7 days before the test) actually showed a normal hemoglobin level (1.32%). Likewise in 27 of 76 respondents with periodically habit of drinking tea showed normal hemoglobin levels (35.53%). Whereas in the low hemoglobin category there were no respondents with frequent drinking tea habits (0.0%). According to the data from respondents with the group of periodically drinking tea had the opportunity to have low hemoglobin levels. The group with periodically habits of drinking tea was 11 respondents (14.47%) categorized as low hemoglobin (Hb) levels and as many as 30 respondents in the group that had not any tea for last 7 days before the test (39.47%) categorized as normal hemoglobin (Hb) levels. Based on the results of the chi square test, the *p-value* was 0.165.

Conclusion: Based on the results of the study the relation of tea consumption habits with hemoglobin levels on class of 2018 students of Medical faculty at Yarsi University can be concluded that there is no relation (incoherence) between the habits of tea consumption with hemoglobin (Hb) levels.

Keywords: Hemoglobin, Tea drinking habits, Yarsi Students