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Assignment title: (Vika Arista Agustina) GAMBARAN K.
Submission title: GAMBARAN KADAR HEMOGLOBIN..
File name: ARTIKEL_VIKA_ARISTA.docx
File size: 157K
Page count: 10
Word count: 3,556
Character count: 22,883
Submission date: 04-Sep-2020 01:43PM (UTC+0700)
Submission ID: 1379485857

GAMBARAN KADAR HEMOGLOBIN PADA MENOPAUSE

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ABSTRAK

Pendahuluan: Menopause merupakan masa penghentian menstruasi pada wanita secara permanen akibat hilangnya aktivitas folikel ovarium dan secara perlahan kadar hormon estrogen surut. Hormon estrogen terlibat pada proses eritropoiesis. **Metode penelitian:** Desain dari penelitian ini adalah *literature review*. Populasi yang dilakukan pemeriksaan kadar hemoglobin adalah wanita menopause. Metode yang digunakan menggunakan desain *literature review* dengan memakai format PICOS dan menggunakan kata kunci "anemia in menopause" AND "hemoglobin menopause". **Hasil:** Hasil didapatkan satu jurnal kadar hemoglobin pada menopause dibawah nilai normal. **Kesimpulan:** Kesimpulan kadar hemoglobin menopause dipengaruhi beberapa faktor: status gizi, genetik, lingkungan, geografi, dan penyakit kronis. **Saran:** Faktor risiko kadar hemoglobin lebih banyak pada nutrisi dan genetik sehingga saran lebih tepat untuk dilakukan pemantauan kesehatan, seperti pemeriksaan darah lengkap dan perlu dilakukan penyuluhan untuk meningkatkan pengetahuan terkait nutrisi / status gizi.

Kata kunci: Kadar Hemoglobin, Wanita Menopause

DESCRIPTION OF LEVELS HEMOGLOBIN IN MENOPAUSE

ABSTRACT

Introduction: Menopause is an ending phase of woman menstruating permanently because of the disappearance of follicles activities and the estrogen hormone is slowly lessening. The estrogen hormone is involved in the erythropoiesis process. **The purpose:** The of this literature review was to investigate to describe of the hemoglobin level of menopause. **Method:** The research design was a literature review. The population in the investigation of the hemoglobin level was menopause women. The research method used in this literature review was PICOS, by applying keywords: "anemia in menopause" AND "hemoglobin menopause". **Result:** The result showed that one journal revealed hemoglobin level was below the normal value. **Conclusion:** To sum up, the menopause hemoglobin level was influenced by some factors, including nutritional status, genetic, environment, geography, and chronic disease. **Suggestion:** The risk factors for hemoglobin levels are more in nutrition and genetics so that suggestions are more appropriate for health monitoring, such as complete blood counts and education is needed to increase knowledge related to nutrition / nutritional status.

Keywords: Hemoglobin Levels, Menopausal Women