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GAMBARAN KADAR HEMOGLOBIN PADA PEKERJA MEBEL
(LITERATURE REVIEW)

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ABSTRAK

Pendahuluan: Hemoglobin (HGB) suatu protein yang mengikat Fe²⁺ dan komponen utama eritrosit sebagai transport O₂ dan CO₂ serta pemberi warna merah darah. Paparan benzena dan timbal, aktivitas fisik serta kelelahan kerja berpengaruh terhadap kadar hemoglobin. Penurunan HGB menyebabkan gangguan anemia. **Tujuan:** untuk mengetahui gambaran nilai HGB pada pekerja mebel berdasarkan data literatur dalam kurun waktu lima tahun terakhir (2015-2020). **Metode:** jenis penelitian yaitu deskriptif dengan *literature review* (PICOS) sebanyak tujuh jurnal. Sampling menggunakan *purposive sampling* total sampel 290 pekerja. Pemeriksaan berdasarkan masing-masing jurnal diantaranya *Symer XS-800*, *ABX Micros 60*, *foameterspektrofotometer*, *kuisioner* dan *Reaction Timer* dan *Hemometer (Sahli)*. Analisa data yaitu *Observation Analysis*, Uji-T dengan nilai *p<0,05*, *korelasi statistik*, *uji statistik Chi Square*, *univariate* dan *cross tabulating*. **Hasil:** penelitian kadar hemoglobin pekerja mebel dalam batas normal dengan rata-rata normal 14,6 g/dL (nilai rentang 13,58-15,18 g/dL) dan nilai rata-rata tidak normal 11,8 g/dL. Memiliki SD masing-masing 1,0, 1,3, 1,41 dan 1,105 dengan nilai *p value* 0,003 dan 0,000. **Conflict of Interest:** Tidak ada *conflict of interest* dikarenakan hasil jurnal menggunakan data primer dengan hasil yang sama. **Simpulan:** Pekerja mebel memiliki nilai hemoglobin yang tergolong normal. Meskipun dipengaruhi paparan bahan kimia, faktor aktivitas fisik dan kelelahan kerja, para pekerja juga mengkonsumsi nutrisi yang cukup dan menggunakan APD meskipun kurang memenuhi standar. **Saran:** namun masih memerlukan penelitian secara primer karena tidak ditampilkan *food record* masing-masing jurnal.

Kata kunci: Hemoglobin, benzena, faktor aktivitas fisik.

DESCRIPTION OF HEMOGLOBIN LEVELS IN FURNITURE WORKERS
(LITERATURE REVIEW)

ABSTRACT

Introduction: Hemoglobin (HGB) is a protein that binds Fe²⁺ and the main component of erythrocytes as O₂ and CO₂ transport and blood red color. Exposure benzene and lead, physical activity factors and work fatigue effect HGB levels. Decreased HGB causes anemia. **Research purpose:** for knows how description of HGB levels in furniture workers based on literature in the past five years (2015-2020). **Method:** type of research is descriptive with literature review (PICOS) of seven journals. Sampling using *purposive sampling* with a total sample of 290 workers. The examination based on each journal including *Symer XS-800*, *ABX Micros 60*, *foameters/spectrophotometer*, *questionnaire* and *Reaction Timer* and *Hemometer (Sahli)*. Data analysis are *Observation Analysis*, *T-Test* with *p value < 0,05*, *statistical correlation*, *Chi Square statistical test*, *univariate* and *cross tabulating*. **Results:** the furniture worker's hemoglobin levels are within normal limits with a normal average of 14,6 g/dL (range values 13,58-15,18 g/dL) and an *abnormal* average value of 11,8 g/dL. Have SD respectively 1,0, 1,3, 1,41 and 1,105 with *p values* of 0,003 and 0,000. **Conflict of Interest:** There isn't *conflict of interest* because the journal results use *primary data* with the