Abstract

Hesti Anggraini , NIM: 1534021, 2019 , Differences in levels of hematocrit Before And After Activities Physical Intensity Light On Student DIV Analyst Health Year 2019. Thesis . Health Analyst DIV Study Program , Faculty of Health Sciences Musi Charitas Catholic University Palembang

Background : at the stage of pre- analytical laboratory , a factor error can reach 61% if it is not done with the right . One of the factors pre- analytic that can cause errors at the stage of preparation of the patient one of her that is doing activity physical . If before the patient's examination do the activity physically then it will happen concentration of blood or hemokonsetrasi so that the results were obtained to high false . This study aims to determine the difference between hematocrit levels before and after mild intensity physical activity .

Methods : The study is to be pre- experiment with the design of the study one group pretest posttest and using techniques total sampling. Subject of research is the students of Program Study DIV Analyst Health Care level I and III manifold sex female . In this study the research subjects were 32 people. Subject of research is taken blood as much as 4 ml, 2 ml prior to the activity of the physical intensity of the light and 2 ml after activity physical intensity of the light . Samples of blood and then examined using a tool Sysmex KX-21, which has been carried out test verification methods first advance .

Results: Results average examination levels of hematocrit before activity physical intensity of light of 38.00% vol before activity and 38.20% vol with value SD ± 3.60 and ± 3.96 of a second of data that have differences -0 , 16% - 0.5%. The results of the test paired T test showed no no differences were significant to the level of hematocrit before and after activity physical intensity of light with p = 0.749 Sig. (2-tailed) (p> 0.025).

Conclusion : based on this study it can be concluded that there are no differences in hematocrit levels before and after mild intensity physical activity which means the hypothesis is rejected.

Keywords : pre- analytical , activity physical mild , levels of hematocrit .