Intisari

Latar belakang: Penyebab paling sering anemia pada anak sekolah adalah defisiensi besi. Defisiensi besi dapat disebabkan karena kurangnya nutrisi dan padatnya aktivitas harian. Pada kurikulum di Indonesia, terdapat 2 sistem kurikulum yaitu: sistem *full day* dan sistem *non full day,* yang memiliki perbedaan lamanya aktifitas yang dilakukan di sekolah.

Tujuan: Tujuan dari penelitian ini adalah untuk mengetahui perbedaan kadar hematokrit (Ht) pada siswa sekolah dasar antara pendidikan *full day* dengan *non full day.*

Metode: Penelitian ini menggunakan *observasional analitik* dengan pendekatan *cross sectional*. Teknik pengambilan sampel ini menggunakan *random sampling* dengan 30 responden pada kelompok *full day* dan 30 responden pada kelompok *non full day*. Analisa data yang digunakan adalah analisis *compare means* yaitu *independent t-test*. Pengambilan data dalam penelitian ini menggunakan sampel darah siswa.

Hasil: Hasil penelitian menunjukkan bahwa perbedaan kadar hematokrit pada kelompok *full day* dan *non full day* didapatkan nilai $p = 0,00$ ($p < 0,05$). Hasil tersebut menunjukkan bahwa terdapat perbedaan kadar hematokrit *(Ht)*.

Kesimpulan: Kesimpulan dari penelitian ini adalah terdapat perbedaan kadar hematokrit *(Ht)* pada siswa sekolah dasar *full day* dan *non full day*

Kata kunci : Hematokrit, Anemia, Anemia Defisiensi Besi, *Full day*, *non Full day*

Abstract

Background: *The cause of anemia in children most often the school is iron deficiency. Iron deficiency can be caused due to lack of nutrients and a density of daily activity. On the curriculum in Indonesia, there are two curriculum system: full day system and non full day system, which has a length of activities conducted in the school.*

Objective: *the purpose of this research is to know the difference in the levels of hematokrit (Ht) on elementary school students between schools with full day and non full day schools.*

Method: *This research use analytic observational approach of cross sectional. This sampling technique using random sampling with a respondent group 30 full day and 30 respondents in the group non full day. Data analysis is the analysis of compare means that is independent t-test. Data retrieval in this study using blood samples of students.*

Result: *The results showed that the difference in the levels of the hematokrit full day and non full day obtained the value of p = 0.00 (p < 0.05). The results show that there is a difference in the levels of hematocrit (Ht).*

Conclusion: *The conclusion from this study is there is difference in the levels of hematocrit (Ht) on elementary school students full day and non full day schools*

Keywords: *Hematocrit, Anemia, iron deficiency Anemia, Full day, Non Full day*