

The Role of Students in Community Service Programs in Supporting the Blood Donor Program in Rural Areas

Akmal Rafif Harjono¹, Indra Wibowo², Arini Sabila Anjani³, Wafda Awwaliyatul Mala⁴, Andina Ulfah Suswanto⁵, Febrianis Dea Arrusida¹, Dania Nurusyahratus Syafa'ah⁵, Zullu Nasya Ulfadhilah⁶, Davina Aliffatul Mahfudzoh⁴, Noviana Putri Pradini¹, Iis Yuliana Sari⁶, Mochammad Alvin Khoirur Ridlo⁷, Achmad Yasir¹, Ahmad Bayu Shoffiyulloh⁸, Nana Misrochah^{9*}

¹ Prodi Bimbingan Penyuluhan Islam, Universitas Islam Negeri Walisongo Semarang, Jl. Prof. Hamka, Ngaliyan, Semarang City

² Prodi Ilmu Politik, Universitas Islam Negeri Walisongo Semarang, Jl. Prof. Hamka, Ngaliyan, Kota Semarang

³ Prodi Pendidikan Bahasa Inggris, Universitas Islam Negeri Walisongo Semarang, Jl. Walisongo Number 3-5, Semarang City

⁴ Prodi Ekonomi dan Bisnis Islam, Universitas Islam Negeri Walisongo Semarang, Jl. Prof. Hamka, Ngaliyan, Semarang City

⁵ Prodi Manajemen Dakwah, Universitas Islam Negeri Walisongo Semarang, Jl. Prof. Hamka, Ngaliyan, Semarang City

⁶ Prodi Hukum Keluarga Islam, Universitas Islam Negeri Walisongo Semarang, Jl. Prof. Hamka, Ngaliyan, Semarang City

⁷ Prodi Pendidikan Agama Islam, Universitas Islam Negeri Walisongo Semarang, Jl. Walisongo Number 3-5, Semarang City

⁸ Prodi Ilmu Falak, Universitas Islam Negeri Walisongo Semarang, Jl. Prof. Hamka, Ngaliyan, Semarang City

⁹ Prodi Teknik Lingkungan, Universitas Islam Negeri Walisongo Semarang, Jl. Prof. Hamka, Ngaliyan, Semarang City

*Corresponding author, e-mail: nana.misrochah@walisongo.ac.id

ABSTRAK

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Program Kuliah Kerja Nyata (KKN) memberikan kesempatan kepada mahasiswa untuk berkontribusi langsung dalam masyarakat, terutama di daerah pedesaan. Penelitian ini bertujuan untuk menganalisis peran mahasiswa KKN-MB Posko 43 dalam mendukung program donor darah di Kelurahan Penggaron Kidul, Kota Semarang. Metode penelitian yang digunakan adalah kualitatif deskriptif dengan pendekatan studi kasus. Data dikumpulkan melalui wawancara, observasi, dan dokumentasi selama pelaksanaan program KKN. Hasil penelitian menunjukkan bahwa mahasiswa KKN berperan signifikan dalam meningkatkan kesadaran masyarakat akan pentingnya donor darah melalui sosialisasi dan edukasi yang intensif. Selain itu, mahasiswa juga berkontribusi dalam

memfasilitasi kegiatan donor darah dengan berkoordinasi dengan pihak Palang Merah Indonesia (PMI) dan pemerintah kelurahan setempat. Dampak dari kegiatan ini terlihat dari peningkatan jumlah pendonor darah di kelurahan tersebut, serta terbentuknya komunitas pendonor darah yang berkelanjutan. Penelitian ini menyimpulkan bahwa keterlibatan mahasiswa KKN dapat memberikan dampak positif bagi keberlangsungan program donor darah di pedesaan, dan diharapkan model ini dapat diterapkan di wilayah lainnya.

Keywords: *blood donation; health program; rural areas; students*

ABSTRACT

The Community Service Program (KKN) provides students with the opportunity to directly contribute to society, especially in rural areas. This research aims to analyze the role of KKN-MB Posko 43 students in supporting the blood donation program in Penggaron Kidul Village, Semarang City. The research method used is descriptive qualitative with a case study approach. Data was collected through interviews, observations, and documentation during the implementation of the KKN program. The research findings show that KKN students played a significant role in raising public awareness about the importance of blood donation through intensive socialization and education. In addition, students also contributed by facilitating blood donation activities through coordination with the Indonesian Red Cross (PMI) and the local village government. The impact of this activity was reflected in the increase in the number of blood donors in the village, as well as the establishment of a sustainable blood donor community. The study concludes that the involvement of KKN students can have a positive impact on the sustainability of blood donation programs in rural areas, and this model is expected to be applied in other regions.

INTRODUCTION

Community Service (KKN) is a form of community service carried out by students as part of higher education. The KKN program at UIN Walisongo Semarang, especially Posko 43, aims to provide fundamental contributions to the development and empowerment of communities in various aspects of life. One of the important initiatives carried out by Posko 43 is to support the blood donation program in Penggaron Kidul Village, Pedurungan District, Semarang City.

Blood donation is a humanitarian activity that has a significant impact on saving lives and public health. The blood donation process not only helps meet the often urgent need for blood in hospitals and health centers but also functions as a preventive measure against various medical conditions that require blood transfusions. Seeing the importance of this activity, KKN Posko 43 students are committed to playing an active role in facilitating and socializing the blood donation program to the community.

In this context, KKN Posko 43 students play a key role in organizing and promoting blood donation events, including collaborating with related parties such as the Indonesian Red Cross (PMI) and local governments. In addition, they are also involved in various activities, such as counseling on the benefits of blood donation,

organizing event logistics, and raising community participation. These efforts are expected to strengthen community involvement in this very beneficial social activity and raise awareness of the importance of individual contributions to collective health.

The role and contribution of KKN Posko 43 students in supporting the blood donation program in Pengaron Kidul Village, and how these activities have a positive impact on the local community. Thus, it is hoped that effective synergy can be realized between students, the community, and related institutions to improve health and welfare together (Pribadi, Indrayanti, and Yanti 2018).

Blood donation is a voluntary process in which a person donates his/ her blood to be used for various medical needs. This process is carried out in health facilities such as hospitals or blood donor centers, where the blood that is taken will be examined, processed, and stored for later use on patients in need. Blood donation is a very important humanitarian act because the available blood can save lives in various emergencies situations, such as accidents, major operations, or medical conditions that require blood transfusions. Blood transfusion aims to restore normal blood volume, replace deficient blood components, and improve oxygenation and hemostasis (Acker, Marks, and Sheffield, 2016).

In practice, blood donation involves several stages, starting from registration, initial health checks, and blood collection, to recovery after donation. This process usually takes around 30 to 60 minutes and is carried out with attention to safety and comfort standards for the donor. After the blood is taken, it will be processed into different blood components, such as red blood cells, white blood cells, and plasma, each of which has a specific function in medical treatment and therapy. The blood donor selection process is intended to protect the donor's health to ensure that the blood donation is not harmful to their health, and also to protect patients from the risk of infectious diseases or other adverse effects (Mangara, Lissanora, and Pardede, 2022).

The benefits of blood donation are not only felt by the recipient but also by the donor himself. In addition to making a major contribution to public health, this activity can help donors feel more connected to their community and get regular health checks. Regular blood donation can also help maintain the balance of blood production in the body and reduce the risk of several diseases. Thus, blood donation is a simple yet very impactful act in saving lives and improving the overall health of the community (Harsiwi and Arini, 2018).

Blood donation plays a crucial role in the health system by providing a much-needed blood supply for a variety of medical procedures and emergencies. Every day, many patients require blood transfusions due to conditions such as accidents, major surgery, or chronic illnesses such as anemia. Without an adequate blood supply, many medical procedures can become impossible or high-risk. By donating blood regularly, people help ensure that blood stocks in hospitals are adequate and ready to be used when needed. Socialization of the importance of blood donation is a factor that plays a

role in efforts to increase the number of donors to meet blood stocks (Sulistyo Ningsih et al., 2022).

In addition, blood donation plays a vital role in addressing frequent blood shortages, especially in areas facing health crises or natural disasters. During critical times, such as natural disasters or other emergencies, the need for blood increases dramatically and is often difficult to meet. Regular blood donation helps create a reserve that can be used in such emergencies, thereby increasing the readiness of the health system to respond to urgent needs. Knowledge about blood donation is important to convey to the public to foster blood donation behavior (Fadilah et al., 2023).

In addition to the benefits to recipients, blood donation also provides benefits to the donors themselves. The blood donation process is often accompanied by a health check-up that helps donors monitor their health and detect potential health problems early. In addition, studies have shown that regular blood donation can help maintain iron balance in the body, reduce the risk of heart disease, and provide a sense of satisfaction for having contributed to the safety and well-being of others. Thus, blood donation not only provides direct benefits to the recipient but also supports the health and well-being of society as a whole (Basri and Rahmita, 2023).

The goal of this KKN activity is to raise public awareness about the importance of blood donation through intensive socialization and education. It is hoped that this will lead to an increase in the number of blood donors and the formation of greater public awareness regarding blood donation.

LITERATURE REVIEW

Blood donation is a process of taking blood from a donor which is then stored in a blood bank so that it can be used for others who need it. A donor is a person who voluntarily gives blood with the intention and purpose of blood transfusion for others who need it so that it is useful (Utami et al., 2024). Blood is a fluid that is easily donated because the body will continue to refill to replace the amount of blood lost (Pongantung et al., 2022).

Donating blood regularly every two months will stimulate the body to produce new blood cells, while the function of red blood cells is for oxygenation and transporting nutrients. Thus, blood function becomes better so that donors become healthy. In addition, the donor's health will always be monitored because every time a donor is given a simple health check and blood screening test for infections that can be transmitted through blood. Blood donation activity is an obligation for every community as a form of concern for others in need. By carrying out blood donation activities, we can help people who need blood transfusions according to their blood type needs (Sahrir, Zainuddin, and Rumbia, 2022).

In addition, donating also provides several positive impacts for donors. One of the benefits that is rarely known is that donating blood can help reduce the risk of heart disease. When someone donates blood, the iron levels in the blood are reduced.

Excessive iron in the body can cause cholesterol oxidation, which can eventually clog blood vessels and increase the risk of heart disease. By donating blood regularly, donors can keep iron levels stable, thereby reducing the risk of heart disease and stroke (Solehudin and Mustopa, 2022).

In addition to having physical health benefits, blood donation also provides positive psychological effects. This activity can increase a sense of inner satisfaction and happiness because someone knows that the donated blood can save the lives of others. This encourages donors to have a higher sense of empathy and social concern. That way, blood donation is not just a medical activity, but also a real manifestation of solidarity and love for others (Pongantung et al., 2022). The perception of potential donors is important regarding their participation as blood donors (Huriani, Suhaini, and Rahman, 2023).

Blood donation is a noble act for fellow human beings in need, by donating blood we learn sincerity to give something valuable to anyone regardless of who will receive it as long as the blood is useful. Blood donation itself has a good effect on body health. In addition to being beneficial for the recipient, the benefits of donating blood for the donor include increasing blood cell production, preventing blood clots, and cholesterol, and maintaining heart health (Nasution et al., 2024).

METHODS

The implementation of blood donation as a form of devotion of KKN-MB Posko 43 UIN Walisongo Semarang students was held on Wednesday, July 24, 2024, which took place in Penggaron Kidul Village, Pedurungan District, Semarang City. This event took place at the Penggaron Kidul Village Hall and is one of the work programs of the Environmental Health (Kesling) division in collaboration with the Indonesian Red Cross (PMI) of Central Java Province. The blood donation activity starts from 09.00 - 11.30 WIB. Blood donor service activities are carried out through several stages (PMI, 2024):

1. Registration for residents who will donate
2. Filling in informed consent by residents who have registered
3. Screening of prospective donors by Blood Transfusion Unit officers
4. Implementation of blood donation by residents who have passed the screening stage
5. Provision of extra food for residents who have donated blood. In the screening stage, the provisions include a minimum body weight of 45 kg, systolic blood pressure of 100-170 mmHg and diastolic 70-100 mmHg, and a pulse rate of 50-100 times per minute.

RESULT AND DISCUSSION

The results of the Community Service activity of blood donation activities carried out by KKN-MB Posko 43 UIN Walisongo Semarang, during the activity processes the residents and village staff were very enthusiastic about the blood donation

activity in collaboration with the Central Java Province PMI Blood Transfusion Unit. The number of residents who registered to become blood donors was 36 people. After going through screening by UTD officers, the number of residents who were able to participate in blood donation was 33 people with a total of 33 blood bags. 3 people could not donate were due to blood pressure below 120/190 and underweight.

With high spirit and enthusiasm, KKN UIN Walisongo Semarang students have shown their commitment to improving public health through beneficial social programs. This event is a real example of how the younger generation can play an active role in building awareness and improving the quality of life in the community. This blood donation activity is not only a routine activity but also an effort to create a society that is more concerned and participatory in maintaining health together.

The blood donation activity carried out by KKN (Student Community Service) students received a positive response from the community. This activity successfully collected a significant number of blood bags. The active participation of the community shows that this activity can raise public awareness about the importance of blood donation, which is beneficial medically and can also strengthen social solidarity. Solidarity is a sense of mutual connection between people, shared fate, and high concern. By donating blood, one can enhance a sense of care among fellow human beings. Through donated blood, it can help improve the health of oneself and others in need of a blood transfusion (Purwati, 2023).



Figure 1. Team KKN Posko 43 Supporting the Blood Donor Program

The success of the blood donation program organized by KKN students from post 43 UIN Walisongo was also supported by various parties, one of which was the Indonesian Red Cross (PMI). PMI agreed to collaborate with the students to hold a blood donation event in Penggaron Kidul Village, Semarang City. Although this event was generally successful, several challenges were faced, such as the community's lack of understanding about blood donation and health conditions that did not meet the requirements for donation. Blood donation has some side effects, so the public must have some knowledge about the benefits and requirements that must be met before donating blood (Vini Avionita et al., 2023).

CONCLUSION

Blood donation is a vital process where individuals voluntarily give blood to help others in need. Regular donations not only support those requiring transfusions but also provide health benefits to donors, such as reducing the risk of heart disease by lowering iron levels. Additionally, blood donation fosters psychological well-being and a sense of empathy, reflecting solidarity and care for others.

Recent initiatives by KKN UIN Walisongo Semarang students demonstrate the positive impact of such activities on public health and community awareness. By collaborating with organizations like the Indonesian Red Cross (PMI), these efforts successfully collected numerous blood bags, enhancing public knowledge and encouraging community participation. Despite facing challenges such as limited understanding and health requirements, the program's success underscores the importance of blood donation for both individual and collective health benefits.

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