Mars Hemoglobinuria Serta Hubungannya dengan Berat Badan dan Kecepatan Berjalan Siswa Secatam TNI-AD Setelah Melakukan Ketahanan Mars pada Pendidikan Dasar Militer di Rindam Jaya

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Abstrak

Telah dilakukan penelitian terhadap siswa secatam TNI-AD yang sedang melaksanakan ketahanan mars di Rindam Jaya. Tujuan penelitian: Mengetahui apakah ketahanan mars menyebabkan mars hemoglobinuria dan apakah ada korelasi antara berat badan dan kecepatan berjalan dengan kadar hemoglobin yang terbentuk dalam urin. Rancangan peoelitian: Potong lintang. Jumlah subyek peoelitian: 80 orang. Cara penelitian: melakukan penimbangan berat badan sebelum melaksanakan ketahanan mars dan pengambilan urin sebanyak paling sedikit 1/3 penampung sebelum, saat dan setelah melaksanakan ketahanan mars. Basil penelitian: prevalensi mars hemoglobinuria 100%. Berat badan berkorelasi positip dengan kadar hemoglobin urin yang terbentuk (r = 0.278 dan p = 0.012), sedangkan korelasi antara kecepatan berjalan dengan kadar hemoglobin yang terbentuk tidak dapat diukur. Kesimpulan: Ketahanan mars menyebabkan mars hemoglobinuria dan berat badan mempunyai korelasi positip dengan kadar hemoglobin urin yang terbentuk.
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A study involving new army recruits who participated in ketahanan mars at Rindam Jaya had been performed. Objective: the aim of this study was to determine whether ketahanan mars caused march hemoglobinuria and whether body weight and walking velocity had correlation with march hemoglobinuria. Study design: cross sectional study. Participants: 80 new army recruits. Methods: Body weight was measured before the activity and at least 1/3 of the bottle of urine volume was taken before, during and after the activity. Result: all of the participants had march hemoglobinuria after the activity (100%). There was a positive correlation between body weight and march hemoglobinuria (r = 0.278, P = 0.012) but correlation between walking velocity and march hemoglobinuria could not be determined. Conclusion: ketahanan mars caused march hemoglobinuria and body weight had positive correlation with march hemoglobinuria.