

**PENGARUH KONSUMSI SARI KURMA (*PHOENIX DACTYLIFERA*)
TERHADAP KADAR HEMOGLOBIN PADA REMAJA PUTRI
DI SMAN 1 KASIHAN TAHUN 2023**

INTISARI

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Latar belakang: Anemia banyak terjadi pada masyarakat terutama pada remaja. Anemia disebabkan oleh kekurangan zat gizi yang berperan dalam pembentukan hemoglobin. Prevalensi anemia secara nasional menurut data Riskesdas 2018 sebesar 48,9%, sementara prevalensi anemia pada remaja putri pada tahun 2018 sebesar 26,50%. Prevalensi anemia gizi besi pada remaja putri tahun 2021 di Daerah Istimewa Yogyakarta (DIY) yaitu 36,00%.

Tujuan: Tujuan penelitian ini untuk mengetahui pengaruh konsumsi sari kurma terhadap peningkatan kadar hemoglobin pada remaja putri di SMAN 1 Kasihan.

Metode penelitian: Pada penelitian ini menggunakan metode penelitian *quasi eksperimen* dengan desain penelitian *two group pre-test post-test design*. Pengambilan sampel menggunakan *purposive sampling*, sampel berjumlah 16 jumlah untuk kelompok perlakuan dan 16 untuk kelompok kontrol, analisa data dengan menggunakan uji *Independent sample t-test*.

Hasil: Berdasarkan hasil penelitian diketahui bahwa rata-rata kadar hemoglobin setelah pemberian sari kurma pada kelompok perlakuan lebih tinggi yaitu $13,15 \pm 0,55$ gr/dl dari pada kadar hemoglobin setelah penelitian pada kelompok kontrol yaitu $11,31 \pm 0,39$ gr/dl. Hasil uji statistik menggunakan uji *independent sample t-test* menunjukkan nilai $p = 0,000 < 0,05$ artinya ada pengaruh pemberian sari kurma terhadap kadar hemoglobin pada remaja putri di SMAN 1 Kasihan.

Kesimpulan: Dapat disimpulkan bahwa ada perbedaan kadar hemoglobin sebelum dan setelah pemberian sari kurma pada kelompok perlakuan. Tidak ada perbedaan kadar hemoglobin sebelum dan setelah penelitian pada kelompok kontrol. Ada perbedaan kadar hemoglobin setelah pemberian sari kurma antara kelompok perlakuan dan kelompok kontrol.

Kata kunci : Kadar hemoglobin, remaja, sari kurma

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**EFFECT OF DATE (*PHOENIX DACTYLIFERA*) ON HEMOGLOBIN
LEVELS IN ADOLESCENT AT SENIOR HIGH SCHOOL
1 KASIHAN IN 2023**

ABSTRACT

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Background: Anemia is common in society, especially in adolescents. Anemia is caused by a lack of nutrients that play a role in the formation of hemoglobin. The prevalence of anemia nationally according to the 2018 Riskesdas data was 48.9%, while the prevalence of anemia in young women in 2018 was 26.50%. The prevalence of iron nutritional anemia in young women in 2021 in the Special Region of Yogyakarta (DIY) is 36.00%.

Purpose: This study aimed to determine the effect of date palm juice consumption on increasing hemoglobin levels in young women at SMAN 1 Kasihan.

Research method: This study used a quasi-experimental research method with a two-group pretest–post-test design. Purposive sampling was used, with 16 in the treatment group and 16 in the control group, and data analysis was performed using an independent sample t-test.

Results: Based on the results of the study, it was found that the average hemoglobin level after administration of date palm juice in the treatment group was higher, namely 13.15 ± 0.55 gr/dl compared to the hemoglobin level after the study in the control group, namely 11.31 ± 0.39 gr /dl. The results of statistical tests using the independent sample t-test showed a value of $p = 0.000 < 0.05$, indicating that giving date juice had an effect on hemoglobin levels in young women at SMAN 1 Kasihan.

Conclusion: There were differences in hemoglobin levels before and after the administration of date palm juice in the treatment group. There was no difference in hemoglobin levels before and after the study in the control group. There were differences in hemoglobin levels after the administration of date palm juice between the treatment and control groups.

Keywords: Hemoglobin levels, adolescents, date.

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