

**PENGARUH PEMBERIAN JUS JAMBU BIJI MERAH (*PSIDIUM GUAJAVA L.*)  
TERHADAP PENINGKATAN KADAR HEMOGLOBIN REMAJA  
DI SMA N 1 KASIHAN TAHUN 2023**

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**INTISARI**

**Latar Belakang:** Anemia merupakan permasalahan yang sering terjadi pada remaja putri. Berdasarkan WHO, prevalensi anemia sebesar 29,9%. Anemia ditandai dengan kadar hemoglobin yang berada dibawah nilai normal (<12gr%). Pemberian jus jambu biji merah (*Psidium Guajava L.*) dapat menjadi alternatif untuk mencegah terjadinya anemia karena memiliki kandungan zat besi dan vitamin C yang dapat meningkatkan kadar hemoglobin.

**Tujuan:** Tujuan dari penelitian ini adalah untuk mengetahui pengaruh pemberian jus jambu biji merah (*Psidium Guajava L.*) terhadap peningkatan kadar hemoglobin remaja.

**Metode:** Penelitian ini merupakan penelitian kuantitatif dengan desain *Quasi Experiment* menggunakan metode *one grup pre-test and post-test*. Pengambilan sampel menggunakan teknik *pusrpositive sampling*. Pengambilan data menggunakan lembar observasi dan *easy touch blood haemoglobin*. Sebanyak 32 responden mengalami anemia terbagi menjadi 2 kelompok yakni, 16 responden kelompok intervensi dan 16 responden kelompok kontrol. Jus jambu biji merah (*Psidium Guajava L.*) diberikan pada kelompok intervensi selama 7 hari berturut-turut, sebanyak 500ml setiap harinya. Analisa data penelitian ini menggunakan *uji paired t-test*.

**Hasil:** Hasil analisis pada 16 responden saat pre-test sebanyak 16 siswi (100%) mengalami anemia ringan, setelah pemberian intervensi dilakukan post-test dengan hasil sebanyak 14 siswi (87,5%) normal. Hasil *uji paired t-test* saat sebelum dan sesudah pemberian intervensi  $\rho = 0,000$  ( $\rho < 0,05$ ), artinya ada perbedaan yang signifikan pada kadar hemoglobin pre-test dan post-test setelah diberikan intervensi.

**Kesimpulan:** Ada pengaruh pemberian jus jambu biji merah (*Psidium Guajava L.*) terhadap peningkatan kadar hemoglobin remaja di SMA N 1 Kasihan.

Kata kunci : Anemia, Remaja, Jus Jambu Biji Merah (*Psidium Guajava L.*), Kadar Hemoglobin

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**THE EFFECT OF GIVING RED GUAVA JUICE (PSIDIUM GUAJAVA L.)  
ON INCREASING ADOLESCENT HEMOGLOBIN LEVELS  
AT PUBLIC SENIOR HIGH SCHOOL 1 KASIHAN IN 2023**

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***ABSTRACT***

**Background:** Anemia is a problem that often occurs in adolescents. Based on WHO, the prevalence of anemia is 29.9%. Anemia is characterized by hemoglobin levels that are below normal values (<12gr%). Giving red guava juice (Psidium Guajava L.) can be an alternative to prevent anemia because it contains iron and vitamin C which can increase hemoglobin levels.

**Objective:** The purpose of this study was to determine the effect of giving red guava juice (Psidium Guajava L.) on increasing hemoglobin levels in adolescents.

**Method:** This research is a quantitative research with a Quasi Experiment design using one group pre-test and post-test method. Sampling using purposive sampling technique. Retrieval of data using observation sheets and easy touch blood hemoglobin. A total of 32 respondents who experienced anemia were divided into 2 groups namely, 16 respondents in the intervention group and 16 respondents in the control group. Red guava juice (Psidium Guajava L.) was given to the intervention group for 7 consecutive days, as much as 500 ml each day. Analysis of the research data using paired t-test.

**Result:** The results of the analysis on 16 respondents during the pre-test were 16 adolescents (100%) experiencing mild anemia, after the intervention was carried out a post-test with the results of 14 adolescents (87.5%) normal. The results of the paired t-test before and after the intervention were  $p = 0.000$  ( $p < 0.05$ ), meaning that there was a significant difference in the pre-test and post-test hemoglobin levels after the intervention was given.

**Conclusion:** The conclusion of the study was that there was an effect of giving red guava juice (Psidium Guajava L.) on increasing hemoglobin levels in adolescents at Public Senior High School 1 Kasihan.

Keywords: Anemia, Adolescents, Red Guava Juice (Psidium Guajava L.), Hemoglobin Levels

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