PENGARUH PEMBERIAN BUAH NAGA MERAH (*Hylocereus polyrhizus*) TERHADAP KADAR HEMOGLOBIN PADA REMAJA PUTRI DI SMP NEGERI 4 GAMPING

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INTISARI

Latar Belakang: Tingginya prevalensi anemia pada remaja putri di Daerah Istimewa Yogyakarta, Indonesia. Anemia disebabkan oleh kekurangan zat besi dan gizi lainnya, berdampak negatif pada pertumbuhan, produktivitas, dan daya tahan tubuh remaja putri. Upaya mengatasi anemia melibatkan pendekatan gizi, suplemen zat besi, dan alternatif nonfarmakologi seperti penggunaan buah naga yang kaya akan zat besi, vitamin C, dan asam folat.

Tujuan: Penelitian ini bertujuan untuk mengetahui pengaruh pemberian buah naga dalam meningkatkan kadar HB pada remaja putri di SMP Negeri 4 Gamping.

Metode: Penelitian ini menggunakan desain *pre-experimental ONE group design* dengan rancangan *one group pre-test - post-test*. Pengambilan data dilakukan pada bulan Mei 2023 di SMPN 4 Gamping. Populasi penelitian terdiri dari 95 siswa kelas IX. Sampel sebanyak 16 responden dipilih menggunakan metode *purposif sampling*. Pengumpulan data dilakukan dengan pengecekan kadar hemoglobin, dan analisis statistik menggunakan uji *t-test*.

Hasil: Hasilnya menunjukkan bahwa sebelum diberikan buah naga, rata-rata kadar hemoglobin remaja putri adalah 10,95 g/dL. Namun, setelah diberikan buah naga, terdapat peningkatan kadar hemoglobin menjadi 11,66 g/dL. Hal ini menunjukkan bahwa pemberian buah naga memiliki pengaruh yang signifikan dalam meningkatkan kadar hemoglobin pada remaja putri di SMP Negeri 4 Gamping, seperti yang ditunjukkan oleh nilai signifikansi sebesar 0,000.

Kesimpulan: Terdapat peningkatan dan pengaruh pemberian buah naga merah terhadap peningkatan kadar hemoglobin dengan nilai sig sebesar 0,000.

Kata Kunci: Anemia, hemoglobin, remaja putri, buah naga.

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THE EFFECT OF RED DRAGON FRUIT (*Hylocereus polyrhizus*) CONSUMPTION ON HEMOGLOBIN LEVELS IN ADOLESCENT GIRLS AT SMP NEGERI 4 GAMPING

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ABSTRACT

Background: The high prevalence of anemia among adolescent girls in the Special Region of Yogyakarta, Indonesia, is a significant issue. Anemia is caused by a deficiency of iron and other nutrients, resulting in negative effects on the growth, productivity, and immune system of adolescent girls. Efforts to address anemia involve nutritional approaches, iron supplementation, and non-pharmacological alternatives such as the use of dragon fruit, which is rich in iron, vitamin C, and folate.

Objective: This study aimed to determine the effect of dragon fruit consumption on increasing hemoglobin levels in adolescent girls at SMP Negeri 4 Gamping.

Methods: This study utilized a pre-experimental ONE group design with a one-group pre-test-post-test design. Data collection was conducted in May 2023 at SMPN 4 Gamping. The study population consisted of 95 students from Grade IX. A purposive sampling method was used to select a sample of 16 participants. Hemoglobin levels were measured to collect the data, and statistical analysis was performed using the t-test.

Results: The results indicate that prior to being given dragon fruit, the average hemoglobin level of adolescent girls was 10.95 g/dL. However, after being administered with dragon fruit, there was an increase in hemoglobin levels to 11.66 g/dL. This demonstrates that the provision of dragon fruit has a significant influence in elevating hemoglobin levels among adolescent girls at SMP Negeri 4 Gamping, as indicated by the significance value of 0.000.

Conclusion: There is an elevation and influence of red dragon fruit consumption on the increase of hemoglobin levels with a significance value of 0.000.

Keywords: Anemia, hemoglobin, adolescent girls, dragon fruit juice.

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