

PENGARUH PEMBERIAN JUS KURMA AIR KELAPA MUDA UNTUK MENINGKATKAN KADAR HEMOGLOBIN PADA REMAJA PUTRI DENGAN ANEMIA

Elang Dede Astuti¹, Elvika Fit Ari Shanti², Alfie Ardiana Sari³

INTISARI

Latar Belakang: Prevalensi anemia pada remaja di Indonesia pada tahun 2018 masih tinggi yaitu 32%. Salah satu upaya mengatasi anemia yaitu merubah pola makan menjadi lebih baik, dengan menyadari bahwa buah-buahan sangat bermanfaat, salah satunya adalah kurma dan air kelapa muda. Kurma mengandung zat besi sedangkan air kelapa muda mengandung asam folat.

Tujuan: Untuk mengetahui pengaruh pemberian jus kurma air kelapa muda untuk meningkatkan kadar hemoglobin pada remaja putri dengan anemia.

Metode: Metode penelitian yang digunakan adalah penelitian *Quasi eksperimen two group pretest anda posttest design*. Jumlah responden 20 responden, 10 responden pada kelompok intervensi dan 10 responden pada kelompok kontrol. Teknik sampling yang digunakan yaitu *purposive sampling*. Analisis data menggunakan analisis univariat dan analisis bivariat.

Hasil: Hasil penelitian menunjukkan bahwa ada perbedaan yang signifikan antara sebelum dan sesudah diberikan jus kurma air kelapa muda dengan nilai *p-value* 0,005. Sebelum diberikan intervensi rata-rata kadar hemoglobin yaitu 11,2 gr%, setelah diberikan intervensi mengalami kenaikan kadar hemoglobin yaitu 12,16 gr%. Dengan demikian jus kurma air kelapa muda efektif meningkatkan kadar hemoglobin dengan rata-rata sebesar 1,14 gr%.

Kesimpulan: Adanya pengaruh pemberian jus kurma air kelapa muda terhadap peningkatan kadar hemoglobin pada remaja putri di Pondok Pesantren Nurul Qur'an dengan nilai *p-value* 0,005 dan kenaikan rata-rata kadar hemoglobin sebesar 1,14 gr%.

Kata kunci: Anemia, Hemoglobin, Jus Kurma Air Kelapa Muda.

¹Mahasiswa S1 Kebidanan Universitas Jenderal Achamd Yani Yogyakarta

²Dosen S1 Kebidanan Universitas Jenderal Achmad Yani Yogyakarta

³Dosen S1 Kebidanan Universitas Jenderal Achmad Yani Yogyakarta

THE EFFECT OF GIVING YOUNG COCONUT WATER DATE JUICE TO INCREASE HEMOGLOBIN LEVELS IN ADOLESCENT WOMEN WITH ANEMIA

Elang Dede Astuti¹, Elvika Fit Ari Shanti², Alfie Ardiana Sari³

ABSTRACT

Background: The prevalence of anemia among adolescents in Indonesia in 2018 is still high at 32%. One of the efforts to overcome anemia is to change the diet for the better, realizing that fruits are very beneficial, one of which is dates and young coconut water. Dates contain iron while young coconut water contains folic acid.

Objective: To determine the effect of giving young coconut water date juice to increase hemoglobin levels in young women with anemia at Nurul Qur'an Islamic Boarding School.

Method: The research method used is quasi-experimental research with two groups pretest and posttest design. The number of respondents was 20 respondents, 10 respondents in the intervention group and 10 respondents in the control group. The sampling technique used is purposive sampling. Data analysis using univariate analysis and bivariate analysis.

Results: The results showed that there was a significant difference between before and after being given date juice with young coconut water with a p-value of 0.005. Before the intervention was given the average hemoglobin level was 11.2 g%, after the intervention the hemoglobin level was increased to 12.16 g%. Thus, young coconut water date juice is effective in increasing hemoglobin levels by an average of 1.14 g%.

Conclusion: There is an effect of giving young coconut water date juice on increasing hemoglobin levels in young women at the Nurul Qur'an Islamic Boarding School with a p-value of 0.005 and an average increase in hemoglobin levels of 1.14 gr%.

Keywords: Anemia, Hemoglobin, Young Coconut Water Dates Juice.

¹Bachelor of Midwifery Student, Jenderal Achmad Yani University Yogyakarta

²Lecturer in S1 Midwifery, Jenderal Achmad Yani University Yogyakarta

³Lecturer in S1 Midwifery, Jenderal Achmad Yani University Yogyakarta