

PENGARUH PEMBERIAN JUS JAMBU BIJI MERAH (*PSIDIUM GUAJAVA*) DAN TABLET FE TERHADAP KADAR HB PADA IBU HAMIL DI PUSKESMAS SEWON II

Bella¹, Budi Rahayu², Arum Margi Kusumawardani³

INTI SARI

Latar belakang: Organisasi Kesehatan Dunia (WHO) tahun 2020 memperkirakan 41,8% ibu hamil di seluruh dunia akan menderita anemia. Anemia banyak terjadi di Asia, dengan angka prevalensi 48,2%. Berdasarkan Kementerian Kesehatan RI (2022), hampir separuh (48,9%) ibu hamil di Indonesia masih menderita defisiensi zat besi. Prevalensi anemia di Indonesia melebihi 40%, yang menunjukkan tingginya angka kejadian penyakit ini. Data ini menunjukkan bahwa anemia pada kehamilan mendekati status masalah kesehatan masyarakat yang kritis.

Tujuan: Tujuan utama penelitian ini adalah untuk menilai dampak pemberian jus jambu biji merah (*Psidium Guajava*) dan tablet Fe terhadap kadar hemoglobin pada ibu hamil.

Metode penelitian: Penelitian ini menggunakan metodologi eksperimen dengan desain penelitian quasi eksperimen dengan menggunakan desain *pre-test-post-test control group design*.

Hasil: Hasil analisis uji t berpasangan (*paired sample t test*) pada kelompok perlakuan didapatkan hasil *pvalue* 0.000 sehingga ada pengaruh pemberian jus jambu biji merah terhadap kadar hemoglobin pada ibu hamil kelompok perlakuan. Berdasarkan hasil analisis uji t berpasangan (*paired sample t test*) pada kelompok kontrol didapatkan hasil *pvalue* 0.000 sehingga ada pengaruh pemberian tablet Fe terhadap kadar hemoglobin pada ibu hamil.

Kesimpulan: Ada pengaruh pemberian jus jambu biji merah dan tablet Fe (*Psidium Guajava*) terhadap kadar hemoglobin pada ibu hamil.

Kata Kunci: Jus jambu biji merah, tablet fe, kadar Hb, ibu hamil.

¹Mahasiswa Fakultas Kesehatan Universitas Jenderal Achmad Yani Yogyakarta

²Dosen S-1 Kebidanan Universitas Jenderal Achamd Yani Yogyakarta

³Dosen S-1 Kebidanan Universitas Jenderal Achamd Yani Yogyakarta

EFFECT OF GUAVA JUICE (*PSYDIUM GUAJAVA*) AND FE TABLETS ON HB LEVELS IN PREGNANT WOMEN AT SEWON II HEALTH CENTER

Bella¹, Budi Rahayu², Arum Margi Kusumawardani³

ABSTRAC

Background: The World Health Organization (WHO) in 2020 estimated that 41.8% of pregnant women worldwide will suffer from anemia. Anemia is prevalent in Asia, with a prevalence rate of 48.2%. Based on the Indonesian Ministry of Health (2022), almost half (48.9%) of pregnant women in Indonesia still suffer from iron deficiency. The prevalence of anemia in Indonesia exceeds 40%, which indicates the high incidence rate of this disease. These data show that anemia in pregnancy is close to the status of a critical public health problem.

Objectives: The main objective of this study was to assess the impact of guava juice (*Psidium Guajava*) and Fe tablets on hemoglobin levels in pregnant women.

Research method: This study uses an experimental methodology with a quasi-experimental research design using a *pre-test-post-test control group design*.

Results: The results of the paired sample *t test* analysis in the treatment group obtained a pvalue of 0.000 so that there was an effect of guava juice administration on hemoglobin levels in pregnant women in the treatment group.

Based on the results of the analysis of the *paired sample t test* in the control group, a pvalue of 0.000 was obtained so that there was an effect of Fe tablets on hemoglobin levels in pregnant women.

Conclusion: There is an effect of guava juice and Fe (*Psidium Guajava*) tablets on hemoglobin levels in pregnant women.

Keywords: *Guava juice, fe tablets, Hb levels, pregnant women.*

¹Student of Midwifery Studi Program, Jenderal Achamd Yani University, Yogyakarta

²Lecturer in the Bachelor of Medwifery Study Program, Jenderal Achamad Yani University, Yogyakarta

³Lecturer in the Bachelor of Medwifery Study Program, Jenderal Achamad Yani University, Yogyakarta