PENGARUH PEMBERIAN JUS JAMBU BIJI (*PSIDIUM GUAJAVA*) DAN MADU HUTAN (*APIS DORSATA)* TERHADAP PENINGKATAN KADAR HEMOGLOBIN PADA REMAJA PUTRI DI SMA ISLAM 1 SLEMAN

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INTISARI

Latar Belakang : Anemia merupakan masalah kesehatan global, terutama di negara-negara maju. Populasi dunia sebanyak 30% mengalami kondisi ini. Tingkat anemia cenderung tinggi di kalangan perempuan. Anemia masih menjadi masalah serius bagi remaja perempuan. Anemia pada remaja dapat menghambat pertumbuhan dan mempengaruhi prestasi belajar karena gejala seperti mudah letih, hilangnya motivasi, dan kesulitan berkonsentrasi.
Tujuan : Penelitian ini bertujuan untuk mengetahui pengaruh pemberian jus jambu biji *(Psidium Guajava)* dan madu hutan *(apis dorsata)* terhadap peningkatan kadar hemoglobin pada remaja putri di SMA 1 Islam Sleman.
Metode : Penelitian ini merupakan penelitian kuantitatif *Quasi Eksperiment design.* Rancangan yang digunakan adalah *two group pretest-posttest with control group design*. Besar sampel pada penelitian ini ada 32 sampel dengan teknik *non propability sampling* dengan purposive sampling. Pengukuran Hb menggunakan Hemoglobin meter (*Easy touch* GCHb).
Hasil : Hasil penelitian yang dilakukan pemberian jus jambu biji *(Psidium Guajava)* dan madu hutan *(apis dorsata)* Satu kali sehari pemberian selama 7 hari berturut-turut dan didapatkan rata-rata peningkatan kadar hb sebesar 1,5 g/dl dan dilakukan analisa data dengan uji *wilcoxon* nilai p value 0,001 (<0,05).
Kesimpulan : Pemberian jus jambu biji *(Psidium Guajava)* dan madu hutan *(apis dorsata)* memiliki efek yang signifikan dalam meningkatkan kadar hemoglobin pada remaja putri di SMA Islam 1 Sleman.

Kata kunci : Jus Jambu Biji, Madu Hutan, Peningkatan Kadar Hb

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EFFECT OF GIVING GUAJAVA JUICE *(PSIDIUM GUAJAVA)* AND FOREST HONEY *(APIS DORSATA)* AGAINST INCREASING HEMOGLOBIN LEVELS IN ADOLESCENT WOMEN AT ISLAMIC HIGH SCHOOL 1 SLEMAN

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ABSTRACT

Background : Anemia is a global health problem, especially in developed countries. As much as 30% of the world's population experiences this condition. Anemia rates tend to be high among women. Anemia is still a serious problem for teenage girls. Anemia in adolescents can inhibit growth and affect learning achievement due to symptoms such as easy fatigue, loss of motivation, and difficulty concentrating.
Objective : This study aims to determine the effect of giving guava juice *(Psidium Guajava)* and forest honey *(apis dorsata)* on increasing hemoglobin levels in young women at SMA 1 Islam Sleman.
Method : This research is a quantitative Quasi Experimental design research. The design used is a two group pretest-posttest with control group design. The sample size in this study was 32 samples using non-probability sampling technique with purposive sampling. Hb measurement using a Hemoglobin meter (Easy touch GCHb).
Results : The results of the research carried out giving guava juice *(Psidium Guajava)* and forest honey *(apis dorsata)* once a day for 7 consecutive days and obtained an average increase in HB levels of 1.5 g/dl and data analysis was carried out using tests. Wilcoxon p value 0.001 (<0.05).
Conclusion : Giving guava juice *(Psidium Guajava)* and forest honey *(apis dorsata)* has a significant effect in increasing hemoglobin levels in young women at Islamic High School 1 Sleman.

Keywords : Forest Honey, Guava Juice, Increase Hb Levels

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