

PENGARUH PEMBERIAN SARI KACANG HIJAU TERHADAP PENINGKATAN KADAR HEMOGLOBIN PADA IBU HAMIL ANEMIA DI PUSKESMAS PAJANGAN

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INTISARI

Latar Belakang: Kehamilan mengalami perubahan fisiologis salah satu perubahannya adalah peningkatan kebutuhan zat besi ketika hamil yang diakibatkan oleh peningkatan volume darah. Menurut Riset Dasar Kesehatan tahun 2018, prevalensi anemia pada ibu hamil di Indonesia sebesar 48,9%. Ibu hamil yang menderita anemia mempunyai resiko keguguran, prematuritas, dan berat bayi lahir rendah (BBLR). Salah satu upaya yang dilakukan dalam meningkatkan kadar hemoglobin mengonsumsi tablet tambah darah dengan kombinasi sari kacang hijau. Kacang Hijau memiliki kandungan zat besi, vitamin c, dan zat seng yang berperan dalam penanganan anemia defisiensi besi.

Tujuan: Diketahui pengaruh pemberian sari kacang hijau terhadap peningkatan kadar hemoglobin pada ibu hamil anemia.

Metode: Desain penelitian ini menggunakan *pre eksperimental* dengan rancangan *pre-test post-test one grup design*. Teknik yang digunakan dalam pengambilan sampel menggunakan *purposive sampling* sampel berjumlah 16. Analisis data menggunakan uji *t-test*.

Hasil: Berdasarkan hasil penelitian diketahui bahwa kadar hemoglobin setelah pemberian sari kacang hijau rerata kadar hemoglobin mengalami peningkatan menjadi $11,31 \pm 0,462$ gr/dL. Hasil uji t-test menunjukkan nilai $p=0,000 < \alpha=0,05$, maka H_0 ditolak dan H_a diterima. Sehingga, dapat disimpulkan bahwa pemberian sari kacang hijau memiliki efek yang signifikan dalam meningkatkan kadar hemoglobin pada ibu hamil anemia.

Kesimpulan: Dapat disimpulkan bahwa ada perbedaan kadar hemoglobin sebelum dan sesudah pemberian sari kacang hijau, terdapat pengaruh signifikan dari pemberian sari kacang hijau terhadap peningkatan kadar hemoglobin pada ibu hamil anemia.

Kata Kunci: Sari Kacang Hijau, Kadar Hemoglobin, Ibu hamil anemia.

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THE EFFECT OF GIVING GREEN BEANS JUICE ON INCREASING HEMOGLOBIN LEVELS IN ANEMIC PREGNANT WOMEN AT THE PAJANGAN COMMUNITY HEALTH CENTER

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ABSTRACT

Background: Pregnancy undergoes physiological changes, one of which is an increase in iron demand during pregnancy due to an increase in blood volume. According to the 2018 Basic Health Research, the prevalence of anemia among pregnant women in Indonesia was 48.9%. Pregnant women who suffer from anemia have a risk of miscarriage, prematurity, and low birth weight (LBW). One of the efforts made in increasing hemoglobin levels is consuming blood supplement tablets with a combination of green bean juice. Green beans contain iron, vitamin c, and zinc which play a role in the treatment of iron deficiency anemia.

Objective: The effect of giving green bean juice on increasing hemoglobin levels in anemic pregnant women is known.

Method: This research design uses pre-experimental with pre-test post-test one group design. The technique used in sampling using purposive sampling the sample amounted to 16. Data analysis using t-test.

Result: Based on the results of the study, it is known that hemoglobin levels after giving green bean juice, the average hemoglobin level has increased to 11.31 ± 0.462 gr/dL. The results of the t-test showed a value of $p=0.000 < \alpha=0.05$, then H_0 was rejected and H_a was accepted. So, it can be concluded that the administration of green bean juice has a significant effect in increasing hemoglobin levels in anemic pregnant women.

Conclusion: It can be concluded that there are differences in hemoglobin levels before and after giving green bean juice, there is a significant effect of giving green bean juice on increasing hemoglobin levels in anemic pregnant women.

Keywords: Green beans juice, hemoglobin level, anemia pregnant women.

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