

**PENGARUH PEMBERIAN JUS JAMBU BIJI MERAH (*PSIDIUM GUAJAVA LINN*)
TERHADAP PENINGKATAN KADAR HEMOGLOBIN PADA IBU HAMIL
TRIMESTER III DI PUSKESMAS BANTUL II**

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RINGKASAN

Latar Belakang: Anemia merupakan masalah gizi yang mempengaruhi jutaan orang di negara berkembang dan tetap menjadi tantangan besar bagi kesehatan manusia. Menurut WHO, kadar hemoglobin yang rendah mempengaruhi 40% wanita hamil di seluruh dunia, sedangkan prevlensi anemia di Indonesia pada tahun 2019 sebesar 36,5% dan angka anemia di DIY pada tahun 2021 sebesar 25,56%.

Tujuan: Untuk mengetahui pengaruh pemberian jus jambu biji merah (*psidium guajava linn*) terhadap peningkatan kadar hemoglobin ibu hamil trimester III di Puskesmas Bantul II.

Metode: Metode penelitian yang digunakan adalah eksperimen (*quasi Experimental*), *Two group pretest and posttest design*. Jumlah responden 18 untuk kelompok intervensi dan 18 responden untuk kelompok kontrol. Teknik sampling yang digunakan yaitu *purposive sampling*. Analisa univariate menggunakan distribusi frekuensi untuk mengetahui karakteristik responden, sedangkan analisis bivariat untuk mengetahui pengaruh antara dua variabel menggunakan uji *wilxocon*.

Hasil: Hasil uji statistik menunjukkan bahwa sebelum diberikan jus jambu rata-rata 10.46 dan setelah diberikan jus jambu rata-rata 11.58 dengan selisih *mean* 1.12. Uji statistik diperoleh data $p = 0.000 (<0,05)$ yang artinya ada pengaruh yang signifikan pemberian jus jambu Biji merah (*Psidium Guajava Linn*).

Kesimpulan: Ada Pengaruh Pemberian Jus Jambu Biji Merah (*Psidium Guajava Linn*) Terhadap Kadar Hemoglobin Ibu Hamil Trimester III di Puskesmas Bantul II.

Kata Kunci: Anemia; Jus Jambu Biji Merah (*Psidium Guajava Linn*); Ibu Hamil

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**RED GUAVA JUICE (PSIDIUM GUAJAVA LINN) IN CREATING HEMOGLOBIN
LEVELS IN PREGNANT WOMEN AT THE BANTUL II
COMMUNITY HEALTH CENTER**

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ABSTRACT

Latar Belakang: Anemia is a nutritional problem that affects millions of people in developing countries and remains a major challenge to human health. According to WHO, low hemoglobin levels affect 40% of pregnant women worldwide, while the prevalence of anemia in Indonesia in 2019 was 36.5% and the anemia rate in DIY in 2021 was 25.56%.

Tujuan: To determine the effect of giving red guava juice (*psidium guajava linn*) on increasing hemoglobin levels in pregnant women in the third trimester at the Bantul II Community Health Center.

Metode: The research method used was experimental (quasi experimental), two group pretest and posttest design. The number of respondents was 18 for the intervention group and 18 respondents for the control group. The sampling technique used was purposive sampling. Univariate analysis uses a frequency distribution to determine the characteristics of respondents, while bivariate analysis uses the Wilcoxon test to determine the influence between two variables.

Hasil: The statistical test results showed that before being given guava juice the average was 10.46 and after being given guava juice the average was 11.58 with a mean difference of 1.12. Statistical tests obtained data of $p = 0.000$ (<0.05) which means there is a significant effect of giving red guava juice (*Psidium Guajava Linn*).

Kesimpulan: There is an Effect of Guava Juice (*Psidium Guajava Linn*) on the Hemoglobin Levels of Pregnant Women in the Third Trimester at the Bantul II Community Health Center.

Keywords: Anemia; Guava Juice (*Psidium Guajava Linn*); Pregnant

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