

**PENGARUH KONSUMSI KAPSUL DAUN KELOR (*MORINGA OLEIFERA*)
TERHADAP KADAR HEMOGLOBIN PADA REMAJA PUTRI
DI MTS MASYITHOH GAMPING
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INTISARI

Latar Belakang: Prevalensi anemia pada wanita usia 15–49 tahun secara global mencapai 30,7%, dan pada ibu hamil sebesar 35,5% (WHO, 2025). Di Indonesia, anemia pada wanita usia subur tercatat sebesar 48,9%, dengan prevalensi remaja putri di beberapa wilayah melebihi 50%. Di Daerah Istimewa Yogyakarta, sekitar 45% remaja putri mengalami anemia (Dinkes DIY, 2023). Program Tablet Tambah Darah (TTD) belum berjalan optimal karena kepatuhan konsumsi rendah akibat efek samping. Intervensi kapsul daun kelor dinilai lebih diterima karena bersifat alami dan mengandung zat gizi pembentukan hemoglobin.

Tujuan: Untuk mengetahui pengaruh konsumsi kapsul daun kelor terhadap kadar hemoglobin pada remaja putri di MTS Masyithoh Gamping tahun 2025.

Metode: Penelitian menggunakan desain pra-eksperimental *one group pretest-posttest*. Sebanyak 36 remaja putri dipilih menggunakan teknik *purposive sampling*. Intervensi berupa pemberian kapsul daun kelor dua kali sehari selama tujuh hari. Pengukuran kadar hemoglobin dilakukan sebelum dan sesudah intervensi menggunakan *EasyTouch GCHb*. Data dianalisis menggunakan uji *Wilcoxon Signed Rank Test*.

Hasil: Hasil penelitian menunjukkan peningkatan rerata kadar hemoglobin dari 11,53 g/dL (SD = 0,47) menjadi 12,97 g/dL (SD = 0,42), dengan rata-rata kenaikan sebesar 1,44 g/dL. Median kadar hemoglobin meningkat dari 11,55 g/dL (rentang 9,7–12,6 g/dL) menjadi 12,90 g/dL (rentang 12,3–13,9 g/dL). Hasil uji *Wilcoxon* menunjukkan nilai signifikansi $p = 0,000$ ($p < 0,05$), yang berarti terdapat perbedaan yang signifikan antara kadar hemoglobin sebelum dan sesudah intervensi.

Kesimpulan: Kapsul daun kelor secara signifikan meningkatkan kadar hemoglobin dan dapat menjadi intervensi alternatif dalam penanggulangan anemia.

Kata Kunci: anemia, hemoglobin, remaja putri

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**THE EFFECT OF MORINGA OLEIFERA LEAF CAPSULE CONSUMPTION
ON HEMOGLOBIN LEVELS IN ADOLESCENT GIRLS
AT MTS MASYITHOH GAMPING IN 2025**

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ABSTRACT

Background: The global prevalence of anemia among women aged 15–49 years is 30.7%, and among pregnant women, it is 35.5% (WHO, 2025). In Indonesia, the prevalence of anemia among women of reproductive age is recorded at 48.9%, with rates among adolescent girls in several regions exceeding 50%. In the Special Region of Yogyakarta, approximately 45% of adolescent girls experience anemia (Yogyakarta Provincial Health Office, 2023). The Iron Supplementation Program (Tablet Tambah Darah/TTD) has not run optimally due to low adherence, mainly caused by side effects. Moringa leaf capsules are considered more acceptable because they are natural and contain nutrients that support hemoglobin formation.

Objective: To determine the effect of consuming moringa leaf capsules on hemoglobin levels in adolescent girls at MTS Masyithoh Gamping in 2025.

Methods: This study employed a pre-experimental one-group pretest-posttest design. A total of 36 adolescent girls were selected using purposive sampling. The intervention involved administering moringa leaf capsules twice daily for seven days. Hemoglobin levels were measured before and after the intervention using the EasyTouch GCHb device. Data were analyzed using the Wilcoxon Signed Rank Test.

Results: The study showed an increase in the mean hemoglobin level from 11.53 g/dL (SD = 0.47) to 12.97 g/dL (SD = 0.42), with an average increase of 1.44 g/dL. The median hemoglobin level increased from 11.55 g/dL (range 9.7–12.6 g/dL) to 12.90 g/dL (range 12.3–13.9 g/dL). The Wilcoxon test showed a significance value of $p = 0.000$ ($p < 0.05$), indicating a significant difference between hemoglobin levels before and after the intervention.

Conclusion: Moringa leaf capsules significantly increased hemoglobin levels and may serve as an alternative intervention for anemia management.

Keywords: anemia, hemoglobin, adolescent girls

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