

**STUDI KASUS: PENERAPAN BUAH KURMA TERHADAP  
PENINGKATAN KADAR HEMOGLOBIN PADA NY. V  
PRIMIGRAVIDA DENGAN ANEMIA RINGAN  
DI KLINIK PRATAMA ARINTA**

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**RINGKASAN**

**Latar Belakang:** Anemia dalam kehamilan merupakan salah satu faktor penyebab tingginya angka kematian ibu dan bayi di Indonesia. Kondisi ini dapat menimbulkan risiko komplikasi seperti persalinan prematur, perdarahan, dan gangguan tumbuh kembang janin.

**Tujuan:** Penelitian ini bertujuan untuk mengetahui pengaruh pemberian buah kurma terhadap peningkatan kadar hemoglobin (Hb) pada ibu hamil dengan anemia ringan.

**Metode Penelitian:** Penelitian menggunakan metode studi kasus dengan pendekatan kualitatif yang berfokus pada Ny. V, seorang ibu hamil G1P0A0 usia 27 tahun dengan kehamilan 36 minggu 2 hari dan kadar Hb 10,9 g/dL. Intervensi yang dilakukan berupa pemberian buah kurma sebanyak 5 butir ( $\pm 100$  gram) per hari selama 15 hari disertai edukasi gizi dan pemantauan rutin. Data dikumpulkan melalui wawancara, observasi, pemeriksaan fisik dan pemeriksaan kadar Hb di Klinik Pratama Arinta.

**Hasil:** Hasil penelitian menunjukkan adanya peningkatan kadar Hb menjadi 11,6 g/dL setelah intervensi, serta adanya perbaikan kondisi klinis berupa berkurangnya keluhan seperti pusing dan kelelahan.

**Kesimpulan:** Kesimpulan dari penelitian ini adalah buah kurma efektif sebagai terapi komplementer dalam meningkatkan kadar hemoglobin pada ibu hamil dengan anemia ringan. Pendekatan asuhan kebidanan berkelanjutan melalui intervensi alami berbasis makanan lokal dapat diterapkan dalam praktik kebidanan.

**Kata Kunci:** Anemia ringan, buah kurma, hemoglobin

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**CASE STUDY: APPLICATION OF DATE PALM TO INCREASE  
HEMOGLOBIN LEVELS IN PRIMIGRAVID MR. V WITH  
MILD ANEMIA AT THE PRATAMA ARINTA CLINIC**

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**ABSTRACT**

**Background:** Anemia during pregnancy is a contributing factor to the high maternal and infant mortality rates in Indonesia. This condition can lead to complications such as premature delivery, hemorrhage, and impaired fetal development.

**Objective:** This study aimed to determine the effect of date fruit supplementation on increasing hemoglobin (Hb) levels in pregnant women with mild anemia.

**Research Methods:** The study used a case study with a qualitative approach, focusing on Mrs. V, a 27-year-old G1P0A0 pregnant woman, 36 weeks and 2 days pregnant, with an Hb level of 10.9 g/dL. The intervention consisted of administering five dates (approximately 100 grams) per day for 15 days, accompanied by nutritional education and regular monitoring. Data were collected through interviews, observations, physical examinations, and Hb level checks at the Arinta Primary Clinic.

**Results:** The study showed an increase in Hb levels to 11.6 g/dL after the intervention, as well as improvements in clinical conditions, including a reduction in complaints such as dizziness and fatigue.

**Conclusion:** The conclusion of this study is that dates are effective as a complementary therapy in increasing hemoglobin levels in pregnant women with mild anemia. This approach to sustainable midwifery care through natural interventions based on local foods can be implemented in midwifery practice.

**Keywords:** Mild anemia, dates, hemoglobin

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