

**STUDI KASUS: PENGARUH PEMBERIAN JUS JAMBU BIJI MERAH
TERHADAP PENINGKATAN KADAR HEMOGLOBIN PADA NY.C
DENGAN ANEMIA RINGAN DI PMB ANNISA MAULIDINA**

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INTISARI

Latar Belakang: Anemia pada kehamilan merupakan salah satu masalah kesehatan masyarakat yang masih menjadi tantangan global termasuk Indonesia yang berpotensi membahayakan ibu atau janin. Salah satu upaya non farmakologis untuk meningkatkan kadar hemoglobin adalah konsumsi buah yang kaya vitamin C, seperti jambu biji merah yang dapat membantu penyerapan zat besi dari tablet tambah darah.

Tujuan: Penelitian ini bertujuan untuk mengetahui pengaruh pemberian jus jambu biji merah terhadap peningkatan kadar hemoglobin pada Ny. C dengan anemia ringan di PMB Annisa Maulidina.

Metode: Penelitian kualitatif dengan desain studi kasus pada Ny. C ibu hamil dengan anemia ringan. Intervensi berupa pemberian jus jambu biji merah sebanyak 250 gram selama 14 hari, disertai konsumsi rutin tablet Fe. Analisis dilakukan dengan metode deskriptif komparatif dengan membandingkan kadar hemoglobin sebelum dan sesudah intervensi.

Hasil: Kadar hemoglobin ibu hamil sebelum intervensi yaitu 10.9 gr%. Setelah pemberian jus jambu biji merah selama 14 hari, kadar hemoglobin meningkat menjadi 11.9 gr%. Hasil ini menunjukkan adanya peningkatan kadar hemoglobin setelah intervensi.

Kesimpulan: Terdapat peningkatan kadar hemoglobin setelah dilakukan pemberian jus jambu biji merah kepada Ny. C

Kata Kunci: Anemia, Hemoglobin, Jus Jambu Biji Merah

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**CASE STUDY: THE EFFECT OF GIVING RED GUAVA JUICE
ON INCREASING HEMOGLOBIN LEVELS IN MRS.C
WITH MILD ANEMIA AT PMB ANNISA MAULIDINA**

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ABSTRACT

Background: Anemia in pregnancy is one of the public health problems that is still a global challenge, including Indonesia, which has the potential to endanger the mother or fetus. One of the non-pharmacological efforts to increase hemoglobin levels is the consumption of fruits rich in vitamin C, such as red guava which can help the absorption of iron from blood supplement tablets.

Objective: This study aims to determine the effect of giving red guava juice on increasing hemoglobin levels in Mrs. C with mild anemia at PMB Annisa Maulidina.

Methods: Qualitative research with a case study design on Mrs. C, a pregnant woman with mild anemia. Intervention in the form of giving red guava juice as much as 250 grams for 14 days, accompanied by routine consumption of Fe tablets. Analysis was carried out using descriptive comparative method by comparing hemoglobin levels before and after intervention.

Results: The hemoglobin level of pregnant women before the intervention was 10.9 g%. After giving red guava juice for 14 days, the hemoglobin level increased to 11.9 g%. This result shows an increase in hemoglobin levels after the intervention.

Conclusion: There was an increase in hemoglobin level after giving red guava juice to Mrs. C.

Keywords: Anemia, Hemoglobin, Red Guava Juice

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