

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN RIAU
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WAHYUNI INDRIANI

**PENGARUH BUAH KURMA TERHADAP KADAR HEMOGLOBIN
REMAJA PUTRI RUMAH TAHFIZ AL-YUSRA KOTA PEKANBARU
TAHUN 2021**

viii + 39 halaman, 4 tabel, 3 bagan + 17 lampiran

ABSTRAK

Rendahnya kadar hemoglobin dalam darah akan menimbulkan beberapa dampak, salah satunya adalah anemia. Sekitar 25,1% remaja di Provinsi Riau mengalami anemia. Buah kurma merupakan salah satu alternatif yang dapat digunakan untuk menaikkan kadar hemoglobin. Buah kurma memiliki beberapa komponen penting yang dapat meningkatkan kadar hemoglobin. Tujuan penelitian ini untuk mengetahui pengaruh buah kurma terhadap kadar hemoglobin remaja putri di Rumah Tahfiz Al-Yusra Kota Pekanbaru. Desain penelitian adalah *Pre-Eksperimental* dengan rancangan *One Group Pretest-Posttest Design*. Penelitian ini dilakukan di Rumah Tahfiz Al-Yusra Kota Pekanbaru pada bulan Januari hingga Mei 2021. Sampel dalam penelitian ini berjumlah 17 orang remaja putri usia 18-21 tahun diambil menggunakan teknik *total Sampling*. Pengumpulan data menggunakan lembar observasi dan menggunakan alat Hb digital untuk mengukur kadar hemoglobin. Intervensi kurma diberikan sebanyak 100gram sehari selama 7 hari. Analisis data menggunakan uji t dependen dengan derajat kepercayaan 95%. Hasil rata-rata kadar hemoglobin remaja putri sebelum diberikan buah kurma adalah 13,047 (SD=0,6929) dan sesudah diberikan buah kurma adalah 13,618 (SD=0,8293). Berdasarkan hasil uji statistik menunjukkan bahwa ada pengaruh yang signifikan antara buah kurma terhadap kadar hemoglobin remaja putri (P=0,002). Disarankan kepada lembaga pendidikan untuk memberikan edukasi pentingnya mencegah anemia atau menyarankan remaja khususnya remaja putri untuk mengkonsumsi buah kurma minimal 1 butir sehari untuk mencegah mengalami anemia.

**Kata Kunci : Buah kurma, Kadar Hemoglobin, Remaja putri.
Daftar Pustaka : 31 (2005-2021)**

**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA
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MIDWIFERY DIV STUDY PROGRAM**

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WAHYUNI INDRIANI

**THE EFFECT OF DATES TOWARDS HEMOGLOBIN LEVELS OF
FEMALE ADOLESCENT OF TAHFIZ AL-YUSRA HOUSE, PEKANBARU
CITY, 2021**

Viii+39 pages, 4 table, 3 charts+ 17 attachment

ABSTRACT

Low levels of hemoglobin in the blood will have several effects, one of which is anemia. Around 25.1% of adolescents in Riau are suffer from anemia. Dates are an alternative that can be used to increase hemoglobin levels. Dates have several important components that can increase hemoglobin levels. The purpose of this study was to determine the effect of dates on the hemoglobin levels of female adolescents in Tahfiz Al-Yusra House, Pekanbaru City. The research design was Pre-Experimental with One Group Pretest-Posttest Design. This research was conducted at the Tahfiz Al-Yusra House, Pekanbaru City in January - May 2021. The sample in this study was 17 female adolescent aged 18-21 years who were taken using the total sampling technique. Collecting data using an observation sheet and measuring hemoglobin levels using a digital Hb tool. Dates intervention was given as much as 100 grams a day for 7 days. This study used the Dependent T test with a confidence degree of 95%, the average result of female adolescent hemoglobin levels before being given dates was 13.047 (SD = 0.6929) and after being given dates was 13.618 (SD = 0.8293). Based on the results of statistical tests showed that there was a significant effect between dates on the hemoglobin levels of adolescent girls (P=0.002). It is recommended the educational institutions provide education on the importance of preventing anemia or advise adolescent, especially girls, to consume dates one for a day to help prevent adolescent girl from experiencing anemia.

Keywords: Dates, Hemoglobin Levels, Adolescent girls.

Bibliography: 31 (2005-2021)