

**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA  
RIAU HEALTH POLYTECHNIC  
MIDWIFE DIV STUDY PROGRAM**

**SKRIPSI, MAY 2021**

**YOLLANDA MENTIANA**

**THE EFFECT OF DATES EXTRACT ON HEMOGLOBIN LEVELS OF  
PREGNANT WOMEN TM III IN THE WORKING AREA OF PAYUNG  
SEKAKI HEALTH CENTER PEKANBARU CITY**

*xiii+34 pages+4 tables+2 charts+15 attachments*

---

**ABSTRACT**

*Hemoglobin is the oxygen-carrying substance in red blood cells. If the level of hemoglobin in the blood is low, it will cause several effects, one of which is anemia. Dates have several important components that can increase hemoglobin levels. The purpose of this study was to determine the effect of giving dates extract on hemoglobin levels of pregnant women in the third trimester. The sample consisted of 20 pregnant women in the third trimester, using the purposive sampling technique. The intervention of giving dates extract for 7 days was 3x15 ml per day. Collecting data using observation sheets and measurement of hemoglobin levels. The research design was Pre-Experimental with One Group Pretest-Posttest Design. This research was conducted in the working area of Payung Sekaki Health Center from January to May 2021. This study used the T-dependent test, the average result of hemoglobin levels of pregnant women in the third trimester before being given dates extract was 12.3 g/dL and after being given dates extract is 13.2 g/dL. Based on the results of the T-dependent test, p value = 0.000, which means that there is an effect of giving dates extract to the hemoglobin level of pregnant women in the third trimester with an average increase of 0.9 g/dL. It is recommended to clinical midwives to be able to provide education to pregnant women about dates extract on hemoglobin levels and besides giving Fe tablets, it is also recommended to give dates extract as a companion to Fe tablets in maintaining hemoglobin levels.*

**Keywords: Dates Extract, Hemoglobin Level, Pregnant Women TM III.  
Bibliography : 37 (2006-2020)**