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**RISA HIDAYATI**

**THE EFFECT OF GIVING BOILED FREE-RANGE CHICKEN EGGS  
AND PAPAYA FRUIT TO INCREASE HEMOGLOBIN LEVELS IN  
ADOLESCENT GIRLS AT THE TAHFIZH AL-QUDS ISLAMIC  
BOARDING SCHOOL IN PEKANBARU CITY  
xii pages + 44 pages + 5 tables + 12 attachments**

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*Abstract*

*Hemoglobin level is the most easily used parameter in determining anemia status. According to the world health organization in 2016 the prevalence anemia in the world was around 40-88%. The prevalence of anemia in Indonesia is 48.9%. eggs are one of the foods that contain iron of 7.2 mg, and papaya fruit contain vitamin C of 78 mg/100 gr. The purposive the study was to determine the effect of boiled chicken eggs and papaya fruit on increasing hemoglobin levels in girls adolescents at the Tahfizh Al-Quds Islamic Boarding School In Pekanbaru City in 2021. This type of research is Quasi Experiment with One Group PreTestand PostTest. This research was conducted in January-May 2021 at the Tahfizh Al-Quds Islamic Boarding School In Pekanbaru City. The Population of this study was 24 peopl. The sample of this study was 15 people who had met the inclusion and exclusion criteria. Data collection using a screening sheet and Hb check tool using Easy touch. Data analysis used T dependent test with a significant level of 95%. The results showed that the average hemoglobin level in adolescent girls before being given boiled chicken eggs and papaya fruit was 13.5 and after being given boiled chicken eggs and papaya fruit was 14.2. P-value was 0.000. The conclusion is that there is the effect of giving boiled chicken eggs and papaya fruit to the increase in hemoglobin levels in adolescent girls at the Tahfizh Al-Quds Islamic Boarding School In Pekanbaru City. His suggestion to provide foods that contain lots of iron and vitamin C to avoid the occurance of anemia in students because anemia will affect theirinterest ang learning achievement.*

**Keywords:** Hemoglobin Levels, Adolescent girls.