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FIKA JULIANI**

THE EFFECT OF PROVIDING DRAGON FRUIT (*HYLOCEREUS POLYRHIZUS*) ON HEMOGLOBINE LEVELS IN PREGNANT WOMEN IN THE WORKING AREA OF LANGSAT PUBLIC HEALTH CENTER PEKANBARU CITY

vii + 46 pages + 5 tables + 3 chart + 10 attachments

ABSTRACT

Hemoglobin is a complex protein found in erythrocytes. Low levels of hemoglobin in the blood can cause anemia. According to WHO, 40% of maternal deaths in developing countries are related to anemia in pregnancy caused by iron deficiency. In 100 grams of dragon fruit (*Hylocereus Polyrhizus*) contains 0.55-0.65 mg of iron and 8.00-9.00 mg of vitamin C which can help increase the amount of iron in the blood. The purpose of this study was to determine the effect of giving dragon fruit (*Hylocereus Polyrhizus*) to hemoglobin levels in pregnant women. This type of research is Quasy Experiment with one group pretest-posttest method. This research was conducted in the Langsat Public Health Center Work Area, Pekanbaru City from January to May 2021. The population of this study was all pregnant women who were in the working area of the Langsat Public Health Center Pekanbaru City. The sample of this study amounted to 20 pregnant women were selected using purposive sampling technique. The method of data collection is done by means of observation. Meanwhile, the research instrument used a digital Hb level measuring device, digital scales and observation sheets. Data analysis was univariate and bivariate using the T-dependent test with a significance level of 95%. The results showed that the average Hb level of pregnant women before being given dragon fruit (*Hylocereus Polyrhizus*) was 12,250 (SD .8912) and after being given dragon fruit (*Hylocereus Polyrhizus*) the average Hb level of pregnant women was 13,600 (SD .6905).). Based on the results of statistical tests, it was found that there was an effect of giving dragon fruit (*Hylocereus polyrhizus*) to hemoglobin levels in pregnant women ($p = 0.000 (<0.05)$). It is recommended to Langsat Public Health Center Pekanbaru City to provide education to pregnant women that Dragon Fruit (*Hylocereus Polyrhizus*) can be used as an alternative to Fe tablets to increase hemoglobin levels in pregnant women.

Keywords: Hemoglobin Levels, Dragon Fruit (*Hylocereus Polyrhizus*), Pregnant Women

References : 41 (2004-2020)