

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA  
POLITEKNIK KESEHATAN KEMENKES RIAU  
PROGRAM STUDI D-IV KEBIDANAN**

**SKRIPSI, APRIL 2022  
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**PENGARUH KOMBINASI EKSTRAK DAUN KELOR DAN  
SARI KURMA TERHADAP PENINGKATAN KADAR  
HEMOGLOBIN REMAJA PUTRI DI MAN TANJUNGPINANG**  
vii + 36 Halaman + 8 Tabel + 2 Bagan + 15 Lampiran

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**ABSTRAK**

Kadar hemoglobin yang rendah dapat menyebabkan daya tahan tubuh, kebugaran, serta ketangkasan berfikir menurun yang berujung menurunkan prestasi belajar dan produktivitas kerja pada remaja putri. Berdasarkan data dari *World Health Organization*, terdapat 21.010 wanita usia reproduksi menderita kekurangan kadar hemoglobin di Indonesia pada tahun 2019. Ekstrak daun kelor dan sari kurma dapat digunakan sebagai metode peningkatan kadar hemoglobin. Tujuan penelitian ini adalah untuk mengetahui pengaruh kombinasi ekstrak daun kelor dan sari kurma terhadap peningkatan kadar hemoglobin remaja putri di MAN Tanjungpinang. Penelitian ini dilakukan pada bulan Januari – April 2022, dengan sampel berjumlah 15 remaja putri yang diambil menggunakan teknik *purposive sampling*. Sampel diberikan intervensi ekstrak daun kelor berjumlah 2x500 mg dan sari kurma 2x15 ml per hari selama 12 hari. Penelitian menggunakan metode pre eksperimental, dengan *one group pretest posttest design*. Analisis data menggunakan uji Wilcoxon dengan  $\alpha$  5%. Hasil penelitian didapatkan rata-rata kadar hemoglobin sebelum diberikan intervensi adalah 14,147 g/dL, dan rata-rata kadar hemoglobin sesudah diberikan intervensi adalah 15,960 g/dL. Hasil uji Wilcoxon menunjukkan *p-value (Asymp. Sig 2 tailed)* sebesar 0,001, artinya ada pengaruh kombinasi ekstrak daun kelor dan sari kurma terhadap peningkatan kadar hemoglobin remaja putri di MAN Tanjungpinang. Disarankan bagi MAN Tanjungpinang untuk dapat mensosialisasikan upaya peningkatan kadar Hb rendah pada remaja putri yaitu dengan kombinasi ekstrak daun kelor dan sari kurma pada siswinya.

**Kata Kunci** : Ekstrak Daun Kelor, Sari Kurma, Kadar Hemoglobin, Remaja Putri  
**Daftar Pustaka** : 31 referensi (2011-2022)

**HEALTH MINISTRY OF THE REPUBLIC OF INDONESIA  
RIAU HEALTH POLYTECHNIC  
D-IV MIDWIFERY STUDY PROGRAM**

**FINAL REPORT, APRIL 2022  
AURA BELLA GIZTA**

**THE EFFECT OF THE COMBINATION OF MORINGA LEAF  
EXTRACT AND DATE PALM EXTRACT ON INCREASING  
HEMOGLOBIN LEVELS OF ADOLESCENT GIRLS AT MAN  
TANJUNGPINANG**

*vii + 36 Pages + 8 Tables + 2 Charts + 15 Appendix*

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**ABSTRACT**

*Low hemoglobin levels can cause decreased endurance, fitness, and thinking dexterity which leads to reduced learning achievement and work productivity in adolescent girls. Based on data from World Health Organization, there were 21,010 women of reproductive age suffering from low hemoglobin levels in Indonesia in 2019. Moringa leaf extract and date palm extract can be used as methods of increasing hemoglobin levels. The purpose of this study was to determine the effect of the combination of Moringa leaf extract and date palm extract on the increase in hemoglobin levels of adolescent girls at MAN Tanjungpinang. This research was conducted in January – April 2022, with a sample of 15 adolescent girls taken using purposive sampling technique. Samples were given intervention of 2x500 mg Moringa leaf extract and 2x15 ml date palm extract per day for 12 days. The study used a pre-experimental method, with one group pretest posttest design. Data analysis used Wilcoxon test with 5%. The results showed that the average hemoglobin level before the intervention was 14.147 g/dL, and after the intervention was 15.960 g/dL. The results of Wilcoxon test showed a p-value (Asymp. Sig 2 tailed) of 0.001, meaning that there was an effect of the combination of Moringa leaf extract and date palm extract on the increase in hemoglobin levels of adolescent girls at MAN Tanjungpinang. It is recommended for MAN Tanjungpinang to socialize efforts to increase low Hb levels in adolescent girls, namely a combination of Moringa leaf extract and date palm extract to their students.*

**Keyword : Moringa Leaf Extract, Date Palm Extract, Hemoglobin Levels, Adolescent Girls**

**Bibliography : 31 references (2011-2022)**