

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

**SKRIPSI, APRIL 2022
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**PERBEDAAN EFEKTIVITAS JUS BUAH NAGA DAN JUS BUAH
JAMBU BIJI MERAH DENGAN TABLET ZAT BESI TERHADAP
KADAR HEMOGLOBIN REMAJA PUTRI ANEMIA DI PONDOK
PESANTREN UMMAHATUL MUKMININ KOTA PEKANBARU**

xiii + 50 halaman + 8 tabel + 3 bagan + 16 lampiran

ABSTRAK

Upaya pemerintah dalam pencegahan anemia pada remaja yaitu dengan program pemberian tablet besi setiap tahunnya. Selain itu remaja dianjurkan mengkonsumsi makanan yang membantu proses penyerapan zat besi dalam tubuh. Proses penyerapan tablet besi dapat meningkat dengan konsumsi buah yang mengandung Vitamin C. Penelitian ini dilakukan di Pondok Pesantren Ummahatul Mukminin Kota Pekanbaru. Jenis penelitian yaitu *quasy eksperiment* dengan desain *two grop pretest and posttest*. Sampel penelitian adalah remaja putri anemia dengan teknik *purposive sampling* berjumlah 20 orang yaitu 10 orang kelompok jus buah naga dan 10 jambu biji merah dengan setiap responden diberikan tablet zat besi. Intervensi yang diberikan yaitu buah naga sebanyak 250 gr dan jambu biji merah sebanyak 100 gr yang masing-masing diblender menjadi jus dengan 100 mL air. Intervensi diberikan selama 7 hari berturut-turut. Dilakukan observasi awal dan akhir untuk menilai kadar hemoglobin remaja putri. Hasil penelitian kelompok jus buah naga memiliki rata-rata selisih kenaikan kadar hemoglobin sebesar 0.260 (SD=0.2366) dan jus jambu biji merah sebesar 0.630 (SD=0.3529). Uji statistik menggunakan T-independent dengan derajat kepercayaan 95% didapatkan nilai signifikansi $p=0.013$ dengan $\alpha=0.05$. Hal ini menunjukkan Ada perbedaan efektivitas antara pemberian jus buah naga dan jus jambu biji merah dengan tablet zat besi terhadap kadar hemoglobin remaja putri anemia yaitu jus jambu biji merah lebih efektif untuk meningkatkan kadar hemoglobin. Disarankan kepada musyrifah (pembina) pondok pesantren untuk meningkatkan konsumsi nutrisi yang mengandung zat besi dan vitamin C yaitu jambu biji merah untuk membantu meningkatkan kadar hemoglobin pada remaja putri (santriwati) dan pencegahan terjadinya anemia.

Kata Kunci : Hemoglobin, Buah Naga (*Hylocereus Polyrhizus*), Jambu Biji Merah (*Psidium Guava*), Remaja putri

Daftar Pustaka: 50 (2010-2021)

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

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**DIFFERENCES OF THE EFFECTIVENESS OF DRAGON FRUIT JUICE
AND RED GUAVA FRUIT JUICE WITH IRON TABLETS ON
HEMOGLOBIN LEVELS OF ANEMIA ADOLESCENT WOMEN IN
UMMAHATUL MUKMININ ISLAMIC BOARDING SCHOOL
PEKANBARU CITY**

xiii + 50 pages + 8 tables + 3 charts + 16 appendices

ABSTRACT

The government's effort to prevent anemia in adolescents is by giving iron tablets every year. In addition, teenagers are encouraged to consume foods that help the process of iron absorption in the body. The absorption of iron tablets can be increased by consuming fruit containing Vitamin C. This research was conducted at the Ummahatul Mukminin Islamic Boarding School, Pekanbaru City. The type of research is a quasi-experiment with a two group pretest and posttest design. The research sample was anemic adolescent women with purposive sampling technique totaling 20 people, namely 10 dragon fruit juice groups and 10 red guavas with each respondent given iron tablets. The intervention given was 250 grams of dragon fruit and 100 grams of red guava, each of which was blended into juice with 100 mL of water. The intervention was given for 7 consecutive days. Initial and final observations were made to assess the hemoglobin levels of adolescent women. The results of the research of the dragon fruit juice group had an average difference in the increase in hemoglobin levels of 0.260 (SD = 0.2366) and red guava juice of 0.630 (SD = 0.3529). Statistical test using T-independent with a degree of confidence 95% obtained a significance value of $p = 0.013$ with $\alpha = 0.05$. This shows that there is a difference in effectiveness between giving dragon fruit juice and red guava juice with iron tablets on hemoglobin levels of anemic adolescent women, namely red guava juice is more effective in increasing hemoglobin levels. It is recommended to the musyrifah (builder) of Islamic boarding schools to increase the consumption of nutrients containing iron and vitamin C, namely red guava to help increase hemoglobin levels in adolescent women (santriwati) and prevent anemia.

Keywords: Hemoglobin, Dragon Fruit (Hylocereus Polyrhizus), Red Guava (Psidium Guava), Young women

Reference: 50 (2010-2021)