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**SKRIPSI, JULI 2026
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**PENGARUH PEMBERIAN KOMBINASI TABLET TAMBAH DARAH
DAN JUS TERONG BELANDA TERHADAP KADAR HEMOGLOBIN
REMAJA PUTRI DI SMAN 2 KOTA PEKANBARU TAHUN 2026
PEKANBARU**

x + 53 Halaman + 5 Tabel + 11 Lampiran

ABSTRAK

Anemia pada remaja putri berdampak pada penurunan konsentrasi belajar, kemampuan kognitif, dan produktivitas, serta meningkatkan risiko ketidakhadiran di sekolah. Survei pendahuluan di SMAN 2 Kota Pekanbaru menemukan bahwa kepatuhan konsumsi tablet tambah darah di sekolah tidak dipantau. Penelitian ini bertujuan mengetahui pengaruh pemberian kombinasi tablet tambah darah dan jus terong belanda terhadap kadar hemoglobin remaja putri. Desain penelitian adalah kuantitatif quasy eksperiment dengan rancangan two group pretest-posttest pada 20 remaja putri anemia ringan yang dipilih secara purposive sampling. Sampel dibagi menjadi kelompok intervensi (tablet tambah darah 60 mg/minggu dan jus terong belanda 200 gram/hari) dan kelompok kontrol (tablet tambah darah 60 mg/minggu saja) selama 14 hari. Kadar hemoglobin diukur menggunakan Easy Touch GCHb dan dianalisis dengan uji T-independen ($\alpha=5\%$). Hasil menunjukkan rata-rata peningkatan kadar hemoglobin kelompok kombinasi sebesar 0,700 g/dL (SD=0,3801), lebih tinggi dibandingkan kelompok tablet tambah darah saja sebesar 0,290 g/dL (SD=0,1524), dengan perbedaan bermakna secara statistik ($p=0,008$). Perbedaan ini dijelaskan oleh kandungan vitamin C dalam jus terong belanda yang meningkatkan penyerapan zat besi non-heme hingga empat kali lipat, serta kandungan provitamin A dan mineral sebagai kofaktor eritropoiesis. Jus terong belanda terbukti efektif sebagai terapi komplementer pendamping tablet tambah darah dalam meningkatkan kadar hemoglobin remaja putri.

**Kata Kunci : Terong belanda, tablet tambah darah, hemoglobin, remaja putri,
anemia**

Referensi : 37 (2018-2025)

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**THE EFFECT OF COMBINED IRON SUPPLEMENT TABLETS AND
TAMARILLO (TERONG BELANDA) JUICE ON HEMOGLOBIN LEVELS
AMONG ADOLESCENT GIRLS AT SMAN 2 PEKANBARU CITY, 2026**

x + 53 Pages + 5 Tables + 11 Appendices

ABSTRACT

Anemia among adolescent girls negatively affects learning concentration, cognitive ability, and productivity, and increases the risk of school absenteeism. A preliminary survey at SMAN 2 Pekanbaru City found that adherence to iron supplement tablet consumption at school was not monitored. This study aimed to determine the effect of combined iron supplement tablets and tamarillo (terong belanda) juice on hemoglobin levels among adolescent girls. This quantitative quasi-experimental study used a two-group pretest-posttest design involving 20 adolescent girls with mild anemia, selected through purposive sampling. Samples were divided into an intervention group (iron supplement tablets 60 mg/week and tamarillo juice 200 grams/day) and a control group (iron supplement tablets 60 mg/week only) for 14 days. Hemoglobin levels were measured using an Easy Touch GCHb device and analyzed using an independent T-test ($\alpha=5\%$). The results showed that the mean increase in hemoglobin level in the combination group was 0.700 g/dL (SD=0.3801), higher than in the iron-tablet-only group at 0.290 g/dL (SD=0.1524), with a statistically significant difference ($p=0.008$). This difference is explained by the vitamin C content in tamarillo juice, which increases non-heme iron absorption up to fourfold, as well as its provitamin A and mineral content, which act as cofactors in erythropoiesis. Tamarillo juice was shown to be an effective complementary therapy alongside iron supplement tablets in improving hemoglobin levels among adolescent girls.

**Keywords : Tamarillo juice, iron supplement tablet, hemoglobin,
adolescent girls, anemia**

References : 37 (2018-2025)