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EFEKTIVITAS PEMBERIAN JUS BUAH NAGA DAN BUAH KURMA
DENGAN PENINGKATAN HEMOGLOBIN REMAJA PUTRI DI SMP
NEGERI 16 KOTA PEKANBARU

xi + 50 Halaman, 6 Tabel, 3 Bagan, 13 Lampiran

ABSTRAK

Remaja putri merupakan kelompok yang rentan mengalami penurunan kadar hemoglobin akibat meningkatnya kebutuhan zat besi selama masa pertumbuhan dan kehilangan darah saat menstruasi, yang berdampak pada penurunan konsentrasi belajar, daya tahan tubuh, serta produktivitas. Salah satu upaya nonfarmakologis untuk mengatasinya adalah konsumsi bahan pangan kaya zat besi dan vitamin pendukung seperti jus buah naga dan buah kurma. Penelitian ini bertujuan mengetahui perbedaan efektivitas pemberian jus buah naga dan buah kurma terhadap peningkatan kadar hemoglobin pada remaja putri di SMP Negeri 16 Kota Pekanbaru. Penelitian kuantitatif ini menggunakan desain *quasi experiment* dengan rancangan *two group pretest-posttest design*. Sampel penelitian berjumlah 20 responden yang dipilih secara *purposive sampling* dan dibagi menjadi dua kelompok intervensi (masing-masing 10 responden). Pengukuran kadar hemoglobin dilakukan sebelum dan sesudah intervensi selama 7 hari menggunakan alat *Easy Touch GCHb*, lalu dianalisis menggunakan uji *Independent T-Test*. Hasil penelitian menunjukkan rata-rata peningkatan kadar hemoglobin pada kelompok jus buah naga sebesar 0,69 g/dL, sedangkan kelompok buah kurma sebesar 1,15 g/dL. Uji *Independent T-Test* menghasilkan nilai $p = 0,023$ ($p < 0,05$), yang membuktikan adanya perbedaan efektivitas secara signifikan. Disimpulkan bahwa buah kurma lebih efektif dibandingkan jus buah naga dalam meningkatkan kadar hemoglobin. Oleh karena itu, pihak sekolah diharapkan dapat mengadakan edukasi gizi secara rutin untuk mendorong konsumsi pangan alami seperti buah kurma maupun olahan jus di lingkungan sekolah sebagai upaya pencegahan anemia.

Kata kunci: Hemoglobin, Jus Buah Naga, Buah Kurma, Remaja Putri.

Daftar Bacaan : 40 Referensi (2011-2025)

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**THE EFFECTIVENESS OF DRAGON FRUIT JUICE AND DATES IN
INCREASING HEMOGLOBIN LEVELS AMONG FEMALE
ADOLESCENTS AT SMP NEGERI 16 PEKANBARU**

xi + 50 Pages, 6 Tables, 3 Charts, 13 Appendices

ABSTRACT

Adolescent girls are a group vulnerable to experiencing a decrease in hemoglobin levels due to increased iron requirements during growth and blood loss during menstruation, which impacts learning concentration, endurance, and productivity. One non-pharmacological effort to address this issue is the consumption of food ingredients rich in iron and supporting vitamins, such as dragon fruit juice and dates. This study aimed to determine the difference in the effectiveness of giving dragon fruit juice and dates on increasing hemoglobin levels in adolescent girls at SMP Negeri 16 Pekanbaru. This quantitative study used a quasi-experimental design with a two-group pretest-posttest design. The sample consisted of 20 respondents selected through purposive sampling and divided into two intervention groups (10 respondents each). Hemoglobin levels were measured before and after a 7-day intervention using the Easy Touch GCHb device, then analyzed using the Independent T-Test. The results showed that the average increase in hemoglobin levels in the dragon fruit juice group was 0.69 g/dL, while in the dates group it was 1.15 g/dL. The Independent T-Test yielded a p-value of 0.023 ($p < 0.05$), indicating a statistically significant difference in effectiveness. It was concluded that dates are more effective than dragon fruit juice in increasing hemoglobin levels. Therefore, the school is expected to conduct routine nutritional education to encourage the consumption of natural foods such as dates and processed juices in the school environment as an effort to prevent anemia.

Keywords: Hemoglobin, Dragon Fruit Juice, Dates, Female Adolescents.

References: 40 References (2011-2025)