

PEMBERIAN KOMBINASI JUS BUAH NAGA MERAH (*HYLOCEREUS POLYRHIZUS*), BUAH BIT MERAH (*BETA VULGARIS*), DAN CHIA (*SALVIA HISPANICA*) TERHADAP PENINGKATAN HEMOGLOBIN PADA WANITA USIA SUBUR DI ASRAMA I POLTEKKES KEMENKES YOGYAKARTA

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ABSTRACT

Latar Belakang: Anemia adalah suatu kondisi di mana jumlah dan ukuran sel darah merah, atau konsentrasi hemoglobin turun di bawah nilai batas yang ditetapkan. Anemia pada wanita usia subur (WUS) dapat menimbulkan kelelahan, badan lemah, penurunan kapasitas dan produktivitas. Penanganan anemia dapat dilakukan intervensi dengan bahan makanan. Bahan makanan yang dapat digunakan untuk penanganan anemia gizi besi dikarenakan tinggi protein, vitamin C, serta Fe (Zat Besi) yaitu buah naga merah, buah bit, dan chia

Tujuan: Untuk pengaruh pemberian kombinasi jus buah naga merah (*hylocereus polyrhizus*), buah bit merah (*beta vulgaris*), dan chia (*salvia hispanica*) terhadap peningkatan hemoglobin pada wanita usia subur.

Metode Penelitian: Penelitian ini menggunakan desain Quasi Eksperimental dengan rancangan *pretest-posttest one design*. Penelitian ini dilaksanakan di Asrama 1 Poltekkes Kemenkes Yogyakarta. Jumlah sampel yaitu 11 orang. Dilakukan pengukuran kadar hemoglobin di awal dan akhir penelitian. Pemberian intervensi yaitu kombinasi jus buah naga merah, bit merah, dan sehari sekali selama 30 hari sebanyak 200 ml. Data yang dikumpulkan yaitu data Kadar Hemoglobin. Uji normalitas menggunakan uji *Kolmogorov Smirnov*. Analisa statistic menggunakan *uji t dependent*.

Hasil: Ada pengaruh pemberian kombinasi jus buah naga merah (*hylocereus polyrhizus*), buah bit merah (*beta vulgaris*), dan chia (*salvia hispanica*) terhadap peningkatan hemoglobin ($p=0,000$) pada wanita usia subur di asrama I Poltekkes Kemenkes Yogyakarta.

Kesimpulan: Pemberian Kombinasi Jus buah naga merah (*hylocereus polyrhizus*), buah bit merah (*beta vulgaris*), dan chia (*salvia hispanica*) efektif dalam peningkatan kadar hemoglobin pada Wanita usia subur.

Kata Kunci : jus kombinasi, hemoglobin, wanita usia subur

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**ALLOCATION THE COMBINATION OF DRAGON FRUIT
(*HYLOCEREUS POLYRHIZUS*), BEETROOT (*BETA VULGARIS*), AND
CHIA (*SALVIA HISPANICA*) TOWARD THE INCREASEMENT OF
HEMOGLOBIN FOR WOMANS OF CHILDBEARING AGE AT
DORMITORY HEALTH POLYTECHNIC MINISTRY OF HEALTH
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ABSTRAK

Latar Belakang: Anemia is a condition in which the number and size of red blood cells, or the concentration of hemoglobin, falls below a set threshold value. Anemia in women of childbearing age (WUS) can cause fatigue, weakness, decreased capacity and productivity. Handling of anemia can be done with food intervention. Foodstuffs that can be used to treat iron deficiency anemia because they are high in protein, vitamin C, and Fe (Iron), are red dragon fruit, red beetroot, and chia.

Tujuan: The effect of giving a combination of red dragon fruit juice (*Hylocereus polyrhizus*), red beetroot (*beta vulgaris*), and chia (*salvia hispanica*) to increase hemoglobin in women of childbearing age.

Metode Penelitian: This study uses a quasi-experimental design with a pretest-posttest one design. This research was conducted at Dormitory 1 health polytechnic Ministry of Health Yogyakarta. The number of samples are 11 people. Measurements of hemoglobin levels were carried out at the beginning and end of the study. The intervention are a combination of red dragon fruit juice, red beetroot, and 200 ml once a day for 30 days. The data collected is Hemoglobin Level data. Normality test using Kolmogorov Smirnov test. Statistical analysis using dependent t test.

Hasil: There are an effect of giving the combination of red dragon fruit juice (*Hylocereus polyrhizus*), red beetroot (*beta vulgaris*), and chia (*salvia hispanica*) to increase hemoglobin ($p=0.000$) in women of childbearing age at Dormitory 1 health polytechnic Ministry of Health Yogyakarta.

Kesimpulan: The combination of red dragon fruit (*hylocereus polyrhizus*), red beetroot (*beta vulgaris*) and chia (*salvia hispanica*) juice are effective in increasing hemoglobin levels for women of childbearing age.

Kata Kunci : Cobination Juice, hemoglobin, women of childbearing age

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