

## THE EFFECT OF GIVING RED BEAN PUDDING (PUKARA) ON INCREASING HEMOGLOBIN LEVELS IN ADOLESCENTS

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### ABSTRACT

**Background:** Based on the 2013 riskesdas, the prevalence of anemia increased in 2013, namely 37.1% to 48.9% in the riskesdas (RI Ministry of Health, 2018). Anemia in the 15-24 year age group was 18.4% in 2013. Based on 2018 Riskesdas data, anemia in women (27.2%) was higher than in men (20.3%). The prevalence of anemia in Indonesia in 2018 was 48.9%. The largest proportion of anemia is among those aged 15-24 years, namely 28.6%. Anemia can be prevented by consuming enough foods that contain iron from animal and vegetable sources, one of which is food from vegetable sources that is affordable and easy to obtain with iron content that meets daily needs.

**Objective:** To determine the effect of giving red bean pudding (PUKARA) on increasing hemoglobin levels in young women at SMA N 2 Batang.

**Method:** The type of research used is quasi-experimental research with a pretest and posttest with control group design

**Results:** The research results showed that there was a significant difference in giving red bean pudding (PUKARA) to the hemoglobin levels of young women at SMA 2 Batang, and showed an increase in hemoglobin levels before giving "PUKARA" with the average hemoglobin value before giving red bean pudding 11.91 g/dl and after giving red bean pudding. giving red bean pudding to 13.48 g/dl.

**Conclusion:** There was an increase in hemoglobin levels in teenage girls after giving red bean pudding (PUKARA).

**Keywords:** hemoglobin, red bean pudding, teenage girls, anemia

## **“PENGARUH PEMBERIAN PUDING KACANG MERAH (PUKARA) TERHADAP PENINGKATAN KADAR HEMOGLOBIN PADA REMAJA”**

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### **ABSTRAK**

**Latar Belakang:** Berdasarkan riskesdas 2013 prevalensi anemia mengalami peningkatan pada tahun 2013 yaitu 37,1% menjadi 48,9% pada riskesdas (Kemenkes RI, 2018). Anemia pada kelompok umur 15-24 tahun sebesar 18,4% tahun 2013. Berdasarkan data Riskesdas 2018 anemia pada perempuan (27,2%) lebih tinggi dibandingkan pada laki-laki (20,3%). Prevalensi anemia di Indonesia tahun 2018 yaitu 48,9%. Proporsi anemia terbesar anemia berada di umur 15-24 tahun yaitu 28,6% . Anemia dapat dicegah dengan mencukupi konsumsi makanan yang mengandung zat besi dari sumber hewani maupun nabati, salah satu bahan makanan dari sumber nabati yang terjangkau dari harga dan mudah didapatkan dengan kandungan zat besi memenuhi kebutuhan per hari

**Tujuan:** Mengetahui pengaruh pemberian puding kacang merah (PUKARA) terhadap peningkatan kadar hemoglobin pada remaja putri SMA N 2 Batang.

**Metode:** Jenis penelitian yang digunakan yaitu penelitian quasi eksperimen dengan desain rancangan *pretest and posttest with control group*

**Hasil:** Hasil penelitian terdapat perbedaan yang signifikan terhadap pemberian puding kacang merah (PUKARA) terhadap kadar haemoglobin remaja putri SMA 2 Batang. dan menunjukkan terjadi peningkatan kadar haemoglobin sebelum pemberian “PUKARA” dengan nilai rata rata haemoglobin sebelum pemberiaan puding kacang merah 11.91 g/dl dan setelah pemberian puding kacang merah menjadi 13.48 g/dl.

**Kesimpulan:** Terdapat peningkatan kadar haemoglobin remaja putri setelah pemberian puding kacang merah (PUKARA).

**Kata Kunci:** hemoglobin, puding kacang merah, remaja putri, anemia