

**THE EFFECT OF RED GUAVA (*PSIDIUM GUAJAVA. L*)  
AND MUNG BEAN JUICE (*PHASEOLUS RADIATUS. L*) ON  
INCREASING HEMOGLOBIN LEVELS FOR PREGNANT WOMEN IN  
THE III TRIMESTER IN THE WORKING AREA OF THE PLERET PUBLIC  
HEALTH CENTER BANTUL REGENCY**

Ichsa Miyanti<sup>1</sup>, Margono<sup>2</sup>, Ana Kurniati<sup>3</sup>

<sup>1,2,3</sup>Department of Midwifery Health Polytechnic of Yogyakarta

Jl. Mangkuyudan MJ III/304, Yogyakarta, 555143

E-mail : miyantiichsa@gmail.com, margonobgunadi@gmail.com,

ana.calystara@gmail.com

**ABSTRACT**

**Background :** Anemia in pregnancy also called "potential danger to mother and child" which can cause complications during pregnancy, labor, puerperal and neonatal. Giving iron tables during pregnancy didn't have a big impact in hemoglobin, which only increases 1 g% per month. This is related to the consumption of inhibitors, insufficient iron intake, and inadequate absorption. Consumption of food or supplements of iron and vitamin C is more effective in increased hemoglobin, because it's related to the pharmacokinetics of iron.

**Aims :** To determine the difference in average increased hemoglobin in pregnant women who were given red guava juice and mung bean juice in the working area of Pleret Health Center

**Methods :** This study used a quasi experimental method with a pretest and posttest with control group design. The population of the studied was every III trimester pregnant woman in the working area of Health Center of Pleret. The sampling technique used purposive sampling with a total sample of 30 respondents. Data analysis used a paired and independent sampel t-test analysis.

**Results :** The average increased in hemoglobin before and after giving red guava juice was 1.28 and p-value was 0.00 ( $p < 0.05$ ) and the average increased in hemoglobin before and after giving mung bean juice was 0.7 and p-value was 0.00 ( $p < 0.05$ ). From these data, it was found that the average increased hemoglobin of the experimental groups was 0.56 higher than comparison group, with p-value  $0.003 < 0.05$ .

**Conclusions :** Red guava juice is more effective than green bean juice in increased the hemoglobin level of pregnant women in the working area of the Pleret Public Health Center.

**Keyword :** Anemia, Pregnant Women, Hemoglobin Levels, Red Guava, Green Beans

**PENGARUH JAMBU BIJI MERAH (*PSIDIUM GUAJAVA. L*) DAN  
SARI KACANG HIJAU (*PHASEOLUS RADIATUS. L*) TERHADAP  
PENINGKATAN KADAR HEMOGLOBIN IBU HAMIL TRIMESTER III  
DI WILAYAH KERJA PUSKESMAS PLERET  
KABUPATEN BANTUL**

Ichsa Miyanti<sup>1</sup>, Margono<sup>2</sup>, Ana Kurniati<sup>3</sup>  
<sup>1,2,3</sup>Jurusan Kebidanan Poltekkes Kemenkes Yogyakarta  
Jl. Mangkuyudan MJ III/304, Yogyakarta, 555143  
E-mail : miyantiichsa@gmail.com, margonobgunadi@gmail.com,  
ana.calystara@gmail.com

**ABSTRAK**

**Latar Belakang :** Anemia kehamilan disebut juga “*potential danger to mother and child*” yang berpengaruh terhadap masa kehamilan, persalinan, nifas maupun pada bayi. Pemberian table fe selama kehamilan tidak berdampak besar dalam hemoglobin yang hanya meningkatkan 1 gr% perbulan. Hal ini berkaitan dengan konsumsi zat inhibitor, asupan besi yang tidak cukup, dan penyerapan yang tidak adekuat. Konsumsi makanan atau suplemen zat besi dan vitamin C lebih efektif dalam meningkatkan hemoglobin, karena berkaitan dengan farmakokinetik zat besi.

**Tujuan Penelitian :** Mengetahui perbedaan peningkatan rata-rata hemoglobin pada ibu hamil yang diberikan jus jambu biji merah dan sari kacang hijau di wilayah kerja Puskesmas Pleret.

**Metode Penelitian :** Penelitian ini menggunakan metode *quasi experiment* dengan rancangan *pretest-posttest with control group design*. Populasi studi penelitian ini adalah seluruh ibu hamil trimester III di wilayah kerja Puskesmas Pleret. Teknik pengambilan sampel menggunakan *purposive sampling* dengan jumlah sampel sebanyak 30 responden. Analisis data menggunakan analisis *paired* dan *independent sampel t-test*.

**Hasil Penelitian :** Rata-rata peningkatan hemoglobin sebelum dan sesudah pemberian jus jambu biji yaitu 1.28 dan nilai p sebesar 0.000 ( $p < 0.05$ ) dan rata-rata peningkatan hemoglobin sebelum dan sesudah pemberian sari kacang hijau yaitu 0.72 dan nilai p sebesar 0.000 ( $p < 0.05$ ). Dari data tersebut didapatkan peningkatan rerata hemoglobin pada kelompok eksperimen lebih tinggi 0.56 dari kelompok pembanding p-value  $0,003 < 0.05$ .

**Kesimpulan :** Jus jambu biji merah lebih efektif dibandingkan sari kacang hijau dalam meningkatkan kadar hemoglobin ibu hamil di wilayah kerja Puskesmas Pleret.

**Kata Kunci :** Anemia, Ibu Hamil, Kadar hemoglobin, Jambu biji, Kacang hijau