

THE EFFECT OF GIVING DATES TO INCREASE HEMOGLOBIN LEVELS IN PREGNANT WOMEN IN BAROKAH CLINIC SURAKARTA

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Keywords: Dates, Fe Tablets, Hemoglobin levels, Pregnant women, Anemia
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ABSTRACT

Anemia in pregnancy cannot be separated from the physiological changes that occur during the pregnancy process, the age of the fetus and the condition of the pregnant woman before. The increase in red blood cells is poorly balanced by the increase in plasma, resulting in a dilution of the blood. Dilution of blood can cause anemia in pregnant women, one way to meet one's iron needs in addition to taking iron tablets can be done by consuming dates.

The purpose of this study was to determine the effect of giving dates to increase hemoglobin levels in pregnant women in the clinic Barokah Pajang Surakarta.

This type of research is a quantitative research with quasy experiment design and pretest posttest research design with control group design. The population in this study is all pregnant women who came to check into the Barokah Pajang clinic with a sample of 20 people who were divided into 2 groups, of which 10 were experimental groups and 10 were control groups. The sampling technique used is non probality sampling with consecutive sampling. Analysis of the data used is an independent sample t-test.

The results of this study showed the average hemoglobin levels before being given dates in the experimental group obtained 9.12 gr/dl and after being given dates increased to 10.3 gr/dl. The average hemoglobin level before being given Fe tablets in the control group obtained 8.49 gr/dl and after being given Fe tablets increased to 8.73 gr / dl. The results of data analysis showed that there is an effect of giving dates to increase hemoglobin levels in pregnant women in the clinic Barokah Pajang Surakarta with Pvalue 0.049. Conclusion pregnant women who have anemia can increase hemoglobin levels by obediently consuming Fe tablets regularly and coupled with consuming dates as much as 7 pieces for 7 days on an empty stomach.

