

**THE EFFECT OF FEEDING BOILED EGGS ON INCREASING HEMOGLOBIN  
LEVELS IN ADOLESCENT WOMEN WITH ANEMIA AT SMA  
NEGERI 07 OKU**

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**ABSTRACT**

**Background;** Anemia is estimated to affect half a billion women aged 15-49 years and 269 million children aged 6-59 months worldwide. The high prevalence of anemia among teenagers, if not handled properly, will continue into adulthood and will contribute greatly to maternal mortality rates, premature babies and babies with low birth weight. Meanwhile, the immediate impact of anemia in school-aged adolescents causes a lack of concentration and decreased learning achievement. An alternative solution to meet iron needs, many foods contain sources of Fe as a way to prevent and control the incidence of anemia. Eggs are one of the foods that contain Fe. **Objective;** to determine the effect of giving boiled eggs on increasing hemoglobin levels in adolescent girls who experience anemia. **Method;** The research design used was a one group pretest posttest design. The population of this study were all teenage girls who experienced signs of anemia at SMA Negeri 07 with a sample size of 20. Statistical tests used the Paired Samples t-test. **Results:** The results of the study showed that there was an increase in Hb levels in young women by 1.47gr/dl. The results of the paired t-test obtained a p value = value 0.000 ( $p < 0.05$ ). **Conclusion;** There is an effect of giving boiled eggs on increasing hemoglobin levels in young women at SMA Negeri 07 OKU

**Keywords:** Anemia, young women, boiled eggs