

**THE EFFECTIVENESS OF GIVING DRAGON FRUIT ON
INCREASED HEMOGLOBIN LEVELS IN PREGNANT WOMEN
AT PMB PIYA SIYANIA, DEPOK CITY, WEST JAVA**

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ABSTRACT

Background: Anemia in pregnancy is iron deficiency anemia. Iron deficiency anemia in pregnant women is a health problem (WHO, 2009). Pregnant women in Indonesia experience anemia and this will increase in 2022 to 50.6%. One way to overcome anemia is to consume dragon fruit regularly because dragon fruit is rich in iron, vitamin C and antioxidants which can help increase hemoglobin production in pregnant women. **Objective:** to determine the effectiveness of dragon fruit in increasing Hb. **Method:** quasi-experimental design with a Pretest-Posttest Control Group Design approach. The research pretest was carried out by giving an initial examination (pretest) before being given treatment (intervention), then intervention was given by giving dragon fruit to the intervention group, and giving health care to the control group, after that a posttest was carried out in both groups. The number of respondents was 20 (10 intervention groups and 10 control groups) and the data were analyzed using the independent t-test statistical test. **Results:** before treatment the average Hb in the intervention group was 11.5 gr/dl while in the control group it was 11.54 gr/dl. After giving dragon fruit in the intervention group there was an increase of 0.18 mg/dl while in the control group there was also an increase of 0.11 mg/dl. T Test test results $p=0.003$. **Conclusion:** dragon fruit is more effective in increasing hemoglobin in pregnant women

Keywords: Dragon Fruit, Hemoglobin, Pregnant Women