

**THE EFFECT OF GIVING DATES ON PREGNANT WOMEN
THIRD TRIMESTER TO INCREASE
HEMOGLOBIN LEVELS**

Messy¹, Rita Riyanti Kusumadewi²
messy.students@aiska-university.ac.id
Universitas 'Aisyiyah Surakarta

ABSTRACT

Background: During pregnancy, there are changes in the hematological system, namely hemodilution. Hemodilution (the process of diluting blood) results in pregnant women experiencing anemia. The impact of anemia is abortion, premature labor, inhibition of fetal growth and development in the uterus, susceptibility to infection, antepartum bleeding, premature rupture of the membranes. To prevent anemia, you can consume fe and dates, dates have complex nutritional content, one of which is vitamin C 6.1 mg/100 gr which is used to increase iron absorption while iron khalas dates 1.75 mg/100 gr which is needed for blood formation. **Objective:** To determine the effect of giving dates to pregnant women in the third trimester on increasing hemoglobin levels. **Methods:** This type of study is Pre-Experimental Design with a One Group Pretest Posttest research design with a sample of 20 pregnant women in the third trimester. The analysis test uses the Paired Simple t test. **Results:** From 20 respondents, the average hemoglobin level before being given dates was 10.7 gr/dl and after being given dates, the average hemoglobin level was 11.7 gr/dl. There was an increase in hemoglobin levels of 1 gr/dl after being given a p value of 0.000 dates. **Conclusion:** There is an effect of giving dates on increasing hemoglobin levels in pregnant women in the third trimester.

Keywords: Pregnant, Hemoglobin, Dates