

THE EFFECT OF GREEN BEAN JUICE ON INCREASING HEMOGLOBIN LEVELS IN ADOLESCENT GIRLS AT SMA NEGERI 1 MENGGALA LAMPUNG

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ABSTRACT

Background : Adolescent girls are susceptible to anemia because they experience menstruation, where menstruation can cause a decrease in hemoglobin levels, thus requiring special attention to iron needs. The results of the 2021 Riskesdas showed an increase in the rate of anemia in adolescents with a female sample of 22.7%. The effort taken is to drink green bean juice because it contains iron and vitamin C which helps increase hemoglobin levels. **Objective :** to determine the effect of giving Green Bean Juice on increasing Hemoglobin levels in adolescent girls. **Method :** The research design was Pre Experiment and One Group Pretest Posttest approach, a sample of 20 young women from class XI, the sample used was random sampling. Test the analysis using the Paired Simple T Test. **Research results :** The results of the Paired Simple T Test based on the Hb value before and after treatment showed a significant value of $0.000 < 0.05$ with an average increase of 1.2 gr/dl. **Conclusion :** There is an effect of giving Green Bean Juice on increasing Hemoglobin levels in young women at SMA Negeri 1 Menggala Tulang Bawang.

Keywords : *Green Bean Juice, Hemoglobin, Young Women*