

**THE EFFECT OF GIVING RED GUAVA JUICE ON INCREASING
HEMOGLOBIN LEVELS IN PREGNANT WOMEN
IN PMB AULIA DEPOK**

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ABSTRACT

Background: Anaemia in pregnant women is caused by several factors, namely the consumption of Fe tablets that are less than the maximum, nutritional status of pregnant women, infectious diseases, bleeding and parity, age, distance pregnancy. The impact of anemesis on the mother can cause an obstacle to the growth of the fetus. So that adequate laxatives for the occurrence of anaemia is needed. During this time the administration of fe tablets is a routine program of midwives but the absorption of iron is sometimes less than the maximum, so the researcher's tried guava as an auxiliary absorption. Iron. Red guava is a fruit that can increase haemoglobin levels, because it contains a large vitamin C, vitamin C can increase acidity in the body that can absorb iron through food as much as 30%. **Purpose:** to determine the effect of giving red guava juice to increase haemoglobin levels in pregnant women anemia in PMB Aulia Nur Badriah Depok. **Methods:** this research is quantitative research with the type of research with the type of pre-experimental research with designs one-Group Pretes-Posttest design. This study was located at PMB Aulia Depok the study was conducted in April – May 2024 with a total sample of 20 pregnant women with anaemia. **Results:** haemoglobin levels of respondents before giving red guava juice has a mean value of 9.67 gr/ dL and after giving red guava juice has a mean value of 11.39 gr/there is a difference of 1.71 gr / dl and a standard deviation of 0.528. After statistical tests can be seen that the Asymmp. Sig. (2-tailed) is worth $0.001 < \alpha 0.05$.

Conclusion: there is the effect of giving red Guava Juice in raising the value of hemoglobin in pregnant women anemia in PMB Aulia Nur Badriah Depok.

Keywords: Red Guava, pregnant women, Hemoglobin levels