

**THE EFFECT OF GIVING GREEN BEAN JUICE ON
INCREASING HEMOGLOBIN LEVELS IN PREGNANT WOMEN AT PMB
RAHAYU, S.Tr.Keb., Bdn**

Ayu Fauziah Aini¹, Kamidah²

ayufauziahaini.students@aiska-university.ac.id

¹Aisyiyah University Surakarta

ABSTRACT

Background : Pregnant women who experience anemia during pregnancy occur because the hemodelusion process often occurs with an increase in plasma volume of 30%-40%, an increase in red blood cells of 18%-30% and hemoglobin of 19%. Based on the South Lampung Health Department in 2022, it was found that the prevalence rate of anemia in pregnant women in the South Lampung region has increased by 25% in 2021 to 27% in 2022. The impact of pregnancy anemia will be a risk to fetal development and the occurrence of complications in pregnancy, childbirth, postpartum and can even cause death. The government requires pregnant women to consume Fe tablets but anemia is still not resolved. Apart from consuming Fe tablets, green beans can be used as an effort to increase Hb levels in pregnant women. **Objective :** determine the effect of giving Green Bean Juice on increasing Hemoglobin levels in pregnant women. **Method:** Pre-experimental research with a one group pretest posttest research design with a sample of 20. Intervention by administering Green Bean Juice at a dose of 100 grams in the morning and evening for 7 days. Test analysis using the Paried Sample t-test. **Result :** The average Hemoglobin before treatment was 11.8 gr/dl, while the average Hemoglobin after treatment was 12.7 gr/dl, an increase of 0.9 gr/dl. Statistical analysis obtained a p value of 0.000 (<0.005). **Conclusion:** There is an effect of giving Green Bean Juice on increasing Hemoglobin levels in pregnant women at PMB Rahayu, S.Tr.Keb., Bdn Lampung Selatan.

Keywords: Green Bean Juice, Hemoglobin Levels of Pregnant Women.