

**THE EFFECT OF GIVING BEET FRUIT JUICE ON IMPROVEMENT
HEMOGLOBIN LEVELS IN PREGNANT WOMEN WITH ANEMIA
AT GATAK SUKOHARJO HEALTH CENTER**

Kukuh Setya Utami¹ Yuyun Triani²
Kukuhutami.students@aiska-university.ac.id

Universitas 'Aisyiyah Surakarta

ABSTRACT

Background: Pregnant women with anemia in Indonesia are ranked fourth in the severe category, which is 44.2%. Based on data from the Central Java Provincial Health Office in 2021, the prevalence of anemia in pregnant women is 43.5%. Pregnancy anemia has the potential to endanger the mother and the child she is carrying. The need for iron increases during pregnancy, so the lack of consuming foods high in iron is a common cause of anemia in pregnant women. One of the foods that can overcome anemia non-pharmacologically is beetroot because it contains iron, folic acid, and vitamin C which can increase hemoglobin levels. **Objective:** To determine the effect of beetroot juice on increasing hemoglobin levels in pregnant women with anemia in the Gatak Sukoharjo Health Center area. **Method:** The study used a quantitative research type with a pre-experimental design with a one-group pretest posttest design, a sample of 20 pregnant women with anemia based on inclusion and exclusion criteria. **Results:** The study showed that the average hemoglobin level of pregnant women before being given treatment was 9.97 gr/dl and the hemoglobin level of pregnant women with anemia after being given 200 ml of beetroot juice for 7 days was 10.96 gr/dl. The results of the paired sample t-test obtained a p value = 0.000 <math>< \alpha 0.05</math>. **Conclusion:** Beetroot juice has an effect on increasing the hemoglobin levels of pregnant women with anemia.

Keywords: Anemia, pregnant women, beetroot juice, hemoglobin levels