

# EDUCATION ON THE BENEFITS OF HONEY FOR INCREASING HEMOGLOBIN LEVELS IN ANEMIC PREGNANT WOMEN USING POCKET BOOKS

Saefinaqia<sup>1</sup> Winarni<sup>2</sup>

[202322236.students@aiska-university.ac.id](mailto:202322236.students@aiska-university.ac.id)<sup>1</sup>

[bunda.aya06@aiska-university.ac.id](mailto:bunda.aya06@aiska-university.ac.id)<sup>2</sup>

University 'Aisyiyah Of Surakarta

## SUMMARY

**Background:** Honey has many benefits for increasing hemoglobin levels in pregnant women who experience anemia. The prevalence of anemia in pregnant women in Indonesia is still relatively high, namely 37.15%. In a study, it was proven that by consuming honey, respondents would experience a faster increase in hemoglobin levels, honey was able to increase hemoglobin levels in the blood from 75% to 80% in the first week. From the results of this research, it is said that consuming honey can be applied in curing anemia because honey contains substances that are good, especially for increasing hemoglobin levels. To improve health services, midwives as educators designed media, namely pocket books. The author's aim in making this pocket book is so that the pocket book can be used by pregnant women who read it to increase their knowledge and insight about the benefits of honey to increase hemoglobin levels in pregnant women. **The Objective of research:** To provide information about the benefits of honey to increase hemoglobin levels in pregnant women with anemia. **Method:** Making this pocket book media uses the initial method, namely determining an interesting theme or title, preparing the material, then creating a pocket book design. **Results:** In trials carried out, it shows that this pocket book is useful for pregnant women who experience anemia to increase hemoglobin levels with natural ingredients, namely honey or non-pharmacological methods. **Summary:** This pocket book can make it easier for pregnant women to get learning or information about honey, the benefits of which can increase hemoglobin levels, especially for pregnant women who are anemic.

**Keywords:** Pregnant Women, Honey, Anemia