

**THE EFFECT OF GIVING BOILED EGGS ON INCREASING
HEMOGLOBIN LEVELS IN GRADE 11 STUDENTS WITH
ANEMIA IN SMAN COLOMADU**

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ABSTRACT

Background: Adolescent girls are susceptible to anemia due to increased iron requirements during growth. In Karanganyar, the prevalence of anemia in adolescents reached 21.42% (Dinkes, 2021). The causes include diet and menstruation which reduce hemoglobin (Hb) levels, triggering symptoms such as fatigue and dizziness. Although the government recommends consuming Fe tablets, anemia remains a problem. In addition, boiled eggs can increase Hb levels. Research by Amanda and Kamidah (2024) showed that consuming one boiled egg for seven days increased Hb in adolescent girls by 1.47 gr/dl. **Objective:** To determine the effect of giving boiled eggs on increasing hemoglobin levels in grade 11 female students at SMAN Colomadu. **Method:** Pre-experimental research with a one group pretest posttest research design with a population of 193 female students, 22 samples were taken using a simple random sampling technique. Intervention of giving 1 boiled egg per day for 7 consecutive days combined with Fe tablets. Analysis test with the Wilcoxon test. **Results:** The average hemoglobin level increased from 10.686 g/dl to 12.709 g/dl, with an increase of 2.023 g/dl. Statistical analysis obtained a p-value of 0.000 (<0.05). **Conclusion:** There is an effect of giving boiled eggs on increasing hemoglobin levels in adolescent girls with anemia at SMAN Colomadu.

Keywords: Boiled eggs, hemoglobin levels, female students, anemia.