

THE EFFECT OF DATE FRUIT ADMINISTRATION ON HEMOGLOBIN LEVEL IN ANEMIC ADOLESCENT GIRLS

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ABSTRACT

Background: Anemia is often encountered, especially in teenage girls, as there is an increased need for iron during this period due to growth and menstruation. According to the Central Java Health Department, the prevalence of anemia in Semarang Regency is 12.84%. The impacts of anemia on teenage girls include dizziness, blurred vision, pale eyelids, lips, tongue, skin, and palms, as well as feelings of lethargy, weakness, fatigue, and exhaustion, which can have long-term effects since women will eventually become pregnant and have children. Khalas dates contain carbohydrates, protein, fat, fiber, calcium, phosphorus, sodium, potassium, iron, zinc, vitamin C, and fibers that can help improve iron absorption. **Objective:** To determine the effect of dates on increasing hemoglobin levels in anemic teenage girls. **Method:** Pre-experimental research with a One Group Pretest-Posttest design involving all 10th-grade teenagers who experience mild to moderate anemia, with a sample size of 22. The intervention involves dates with a specific dosage 7 dates per day for 7 days. Analysis Test with Paired Sample T-Test **Results:** The average hemoglobin before treatment was 10.3 g/dl while the average hemoglobin after treatment was 11.9 g/dl, an increase of 1.6 g/dl. Statistical analysis showed a p value of 0.000 (<0.00%). **Conclusion:** There is an effect of dates on the increase of hemoglobin levels in anemic teenage girls.

Keywords: Dates, Hemoglobin Levels, Anemic Teenage Girls.