

THE EFFECT OF GIVING DRAGON FRUIT JUICE ON INCREASING HEMOGLOBIN LEVELS IN ADOLESCENT GIRLS WITH ANEMIA

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ABSTRACT

Background : The prevalence of anemia in adolescent girls aged 11–14 years is 13.5% and 15–22 years is 29.5% (WHO, 2021). Anemia reduces endurance, fitness, concentration, and academic achievement. Prevention can be done pharmacologically through iron supplementation tablets (TTD) and non-pharmacologically through consumption of fruits high in iron and vitamin C, such as dragon fruit. The content of iron, vitamin B2, and vitamin C in dragon fruit helps increase hemoglobin levels and body metabolism. **Objective:** To determine the effect of dragon fruit juice on increasing hemoglobin in adolescent girls with anemia. **Method:** The research design was pre-experiment and one group pretest-posttest approach, a sample of 20 adolescent girls at the integrated health post in Wonoleren Hamlet, Karangtengah Village, Wonogiri Regency, the sample used was random sampling. Using the Shapiro Wilk normality test and the analysis test using the Paired Simple T-Test. **Research Results:** The results of the Simple Paired T-Test based on the Hemoglobin value before and after treatment showed a significant value of 0.000 (<0.05) with an average increase of 4.1 gr/dl. **Conclusion:** There is a positive effect of giving dragon fruit juice on increasing hemoglobin levels in adolescent girls experiencing anemia.

Keywords: Adolescents, Anemia, Dragon Fruit Juice