

THE EFFECT OF MORINGA LEAF AND ROSELLA FLOWER TEA ON INCREASING HEMOGLOBIN LEVELS IN ADOLESCENTS

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ABSTRACT

Background: Anemia is a complaint experienced by adolescents and can interfere with daily activities, such as disrupting the learning process. The prevalence of anemia in adolescents in Surakarta reaches 39.5%. The treatment of anemia varies, consuming iron tablets pharmacologically often causes side effects such as nausea and vomiting. One of the non-pharmacological therapies is Moringa leaf tea with rosella flowers which are rich in iron and vitamin C. Objective: To determine the effect of giving Moringa leaf tea with rosella flowers on increasing hemoglobin levels in adolescents. Method: pre-experimental design one group pretest-posttest with a sample of 27 female students. The intervention was Moringa leaf tea with rosella flowers drunk once a day for 7 consecutive days with a dose of 1 bag of powdered tea in 2 grams and 3 grams of rosella flowers. Analysis test with Paired Sample T-Test. Results: The average hemoglobin level before the intervention was 9.9630 g/dl and after the intervention increased to 11.3333 g/dl. Statistical analysis yielded a p-value of 0.000 ($p < 0.05$). Conclusion: There is an effect of administering moringa leaf tea and rosella flowers on increasing hemoglobin levels in adolescents.

Keywords: Hemoglobin, adolescent anemia, moringa leaves, rosella flowers.