

THE EFFECT OF MORINGA LEAF CONSUMPTION ON INCREASING HEMOGLOBIN LEVELS IN PREGNANT WOMEN WITH ANEMI IN THE WORK AREA OF THE LOMPENTODEA COMMUNITY HEALTH CENTER

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ABSTRAK

Background: Anemia in pregnant women is a condition where the hemoglobin level is less than 11 g/dL in the first and third trimesters, and less than 10.5 g/dL in the second trimester. The government has provided iron supplementation tablets, but this effort has not been able to overcome anemia in the working area of the LompeNtodea Health Center. Natural alternatives are needed that are more acceptable to pregnant women, one potential natural source of iron is Moringa leaves. According to the Ministry of Health's Research and Development Agency, 100 grams of fresh Moringa leaves contain 6.77 mg of iron which is very good for helping the formation of hemoglobin. **Objective:** to determine the effect of Moringa leaf vegetables on increasing hemoglobin levels in pregnant women with anemia. The main cause is the increased need for iron during pregnancy. **Method:** the research design is a pre-experimental with a one-group pretest posttest approach and the number of respondents is 36 respondents. The sample in this study was the entire population of pregnant women in the first, second and third trimesters, totaling 36 people with anemia in the LompeNtodea Health Center area. **Results:** Before being given Moringa leaf vegetables, the average results of the paired simple t test based on the hemoglobin levels before and after the intervention obtained a significant value of $0.001 < 0.05$ with an average increase of 1.341 g/dl. **Conclusion:** There is an effect of giving Moringa leaf vegetables on increasing hemoglobin levels in pregnant women with anemia.

Keywords: anemia, Pregnant women, moringa leaves