

**GIVING RED BEANS AGAINST ENHANCEMENT OF HEMOGLOBIN
LEVELS PREGNANT WOMEN ARE PUSKESMAS
NGORESAN SURAKARTA**

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ABSTRACT

Background: Red beans are one of the foods that are high in fiber. Red beans are very rich in nutrients that build a healthy body. The content of iron, folic acid, calcium, carbohydrates and high protein makes the benefits of red beans very necessary for the body, especially in pregnant women. The period of pregnancy starts from conception until the birth of the fetus, the length of normal pregnancy is 280 days (40 weeks or 9 months 7 days) calculated from the first day of the last menstruation. Anemia is a hemoglobin concentration of less than 12 g / dl and less than 10 g / dl during pregnancy or the puerperium. **Objective:** Describe how the effect of giving kidney beans to the increase in hemoglobin levels of pregnant women. **Motede:** This research uses descriptive research design. The design of this study was made by describing the effect of giving kidney beans to increased hemoglobin levels of pregnant women. The research subjects used were 2 pregnant women who met the inclusion and exclusion criteria. **Results:** The results of the research conducted after the administration of kidney beans both respondents experienced an increase in hemoglobin levels. In respondent I experienced an increase in hemoglobin initially from 10.7 gr / dl to 12.1 gr / dl. Whereas in respondent II experienced an increase in hemoglobin initially 10.9 gr / dl to 13.1 gr / dl. **Conclusion:** There is an effect of giving kidney beans to increase hemoglobin levels in pregnant women.

Keywords: *Pregnant women, anemia, kidney beans, hemoglobin levels.*