

ABSTRACT

Growing Of Beet Root Juice For Improvement Haemoglobin Concepts Among Adolescent Girls With Anemia In Stikes 'Aisyiyah Surakarta

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Background; *Anemia is a major nutritional problem that until now is often experienced by adolescent girls. Iron deficiency in general can cause a person to have difficulty concentrating, decreased immune system, feeling tired, felt himself not fit, and affect productivity among adolescent girls. One of content of beets is iron which can be used as an alternative for adolescent girls to increase haemoglobin levels.* **Aim;** *Describe the results of the implementation of the provision of beet root juice to increase the haemoglobin rate of anemic adolescent girls in STIKES 'Aisyiyah Surakarta.* **Method;** *using descriptive research design and case study research design.* **Results;** *The results of the examination on responden A is 19 years old, with haemoglobin levels before therapy 8,3 gr/dL. After 7 days of therapy haemoglobin levels increased to 9,7 gr/dL. While the results of the examination on responden B age 20 years old with haemoglobin levels before therapy is 10,7 gr/dL. After 7 days of therapy, haemoglobin levels increased to 13,2 gr/dL.* **Conclusion;** *Increased haemoglobin levels after the implementation of beet root juice in adolescent girls.*

Keyword ; *Anemia, adolescent girls, haemoglobin, beet root*