

## ADMINISTRATION OF GUAVA JUICE TO INCREASE HEMOGLOBIN LEVELS IN YOUNG WOMEN

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### ABSTRACT

**Background:** Anemia can bring adverse effects on adolescents such as decreased reproductive health, mental motor development, inhibited intelligence, decreased learning achievement, decreased fitness levels and not achieving maximum height. There are two ways to prevent and handle anemia in adolescents, namely pharmacology and non-pharmacology. Pharmacological methods that can be by consuming Fe 1 time / week with a dose of 60 mg. And non-pharmacological, namely the intake of foods containing iron, one of which is guava. **Objective:** Knowing how the administration of guava juice can increase hemoglobin levels in young women. **Research Methods:** This case study was carried out by observing for one week after being given guava juice, and each respondent had to do a hemoglobin examination before and after the course of the case study, respondents numbered two young women with anemia. Interview case study instruments, diagnostic tests, observation sheets. **Results:** The case study obtained, namely, an increase in hemoglobin levels in both respondents, hemoglobin before being given an intervention in respondents 11.7 dl/ gram and 11.6 dl / gram after being given an intervention 1 glass/day guava juice for one week hemoglobin becomes 13,2 dl/gram and 12.7dl/gram. **Conclusion:** Give of guava juice can increase hemoglobi levels in young women.

**Keywords:** *Hemoglobin, Red Guava, Teen*