

**EFEKTIVITAS PEMBERIAN BUAH KURMA TERHADAP  
PENINGKATAN KADAR HEMOGLOBIN PADA  
IBU HAMIL DENGAN ANEMIA**

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**ABSTRACT**

**Background:** Anemia in pregnant women when the hemoglobin level is below 11gr/dL. Dates are one of the non-pharmacological therapies in the treatment of anemia. **Research objective:** to determine the effectiveness of giving dates to increase hemoglobin levels in anemic pregnant women. **Research method:** This research design uses experimental methods. In this study using the research design Two Group Pre test Post test Control Design. The population in this study were all pregnant women at the Independent Midwife Practice, a total of 50 people who experienced anemia. The sample studied was 20 pregnant women who experienced anemia. The experimental group was given 7 dates of dates every day for 7 days and the control group only consumed Fe tablets. **Results:** The average value of hemoglobin levels in the pretest control group was  $10.090 \pm 5685$  gr/dl while the posttest was  $10.210 \pm 0.4999$  g/dl. The average value of hemoglobin levels in the pretest treatment group was  $10.100 \pm 0.6360$  g/dl while the posttest was  $11.310 \pm 0.7608$  g/dl. The Mann Witney test showed that the difference in hemoglobin levels between the treatment group and the case group resulted in a p value of  $0.004 < 0.005$ , which means that there was a difference in the results of hemoglobin levels between the dates given group and the case group. **Conclusion:** dates are effective in increasing hemoglobin levels in anemic pregnant women.

**Keywords:** Dates, Hemoglobin Levels, Pregnant Women