

## ***EFFECT OF SOY MILK ON INCREASING HB LEVELS IN ANEMIA TEENAGE GIRLS***

**Khoirunnisa<sup>1</sup>, Sri Handayani<sup>2</sup>**

[nisak9362@gmail.com](mailto:nisak9362@gmail.com)

*University of 'Aisyiyah Surakarta*

### ***ABSTRACT***

***Background:*** According to WHO, the prevalence of anemia in women aged 5-14 years is 26.4% and aged 15-25 years is 18.4%. The impact of anemia in adolescent girls can cause fatigue and difficulty concentrating while studying which can have a negative impact on academic success. If anemia among young women is not handled properly and continues into adulthood, it will contribute greatly to maternal mortality, premature babies and babies with low birth weight, and the risk of bleeding during childbirth. Soy milk contains iron which helps increase hemoglobin levels due to nutritional factors, thereby preventing anemia.

***Objective:*** to determine the effect of giving soy milk on increasing the hemoglobin levels of adolescent girls who suffer from anemia. ***Method:*** The research design was Pre Experiment and One Group Pretest Posttest approach, the sample was 23 young women at SMP Muhammadiyah 10 Surakarta, the sample used was total sampling. Using the Shapiro Wilk normality test and analysis using the Paired Simple T-Test. ***Research results:*** Paired Simple T-Test results based on HB values before and after treatment showed a significant value of 0.000 (<0.05) with an average increase of 1.6 gr/dl. ***Conclusion:*** There is a positive influence of giving soy milk on increasing the HB of adolescent girls who suffer from anemia.

*Keywords: Adolescents, Anemia, soy milk*