

**EFFECT OF RED GUAVA JUICE ON INCREASING
HEMOGLOBIN LEVELS IN STUDENTS AT
AN NAJAH SMP GONDANG SRAGEN**

Siti Nurrohim¹, Suparmi²
sitinurrohim06@gmail.com
'Aisyiyah University, Surakarta

ABSTRACT

Background: The prevalence of anemia in women in Indonesia is 23.9%, which is divided into the prevalence of anemia in women aged 5-14 years which is 26.4% and aged 15-25 years which is 18.4%. Adolescent girls are ten times more likely to suffer from anemia than adolescent girls. The impact of anemia on teenagers is that there is a delay in physical growth, behavioral and emotional disorders which can affect the growth and development of brain cells which reduces body endurance, makes them easily weak and hungry, disrupts learning concentration, and lacks productivity. **Objective:** to determine the effect of giving red guava juice on increasing hemoglobin levels in female students. **Method:** The research design was Pre Experiment and One Group Pretest Posttest approach, the sample was 18 female students at SMP An Najah Gondang Sragen, the sample used was simple random. Using the Shapiro Wilk normality test and analysis using the Paired Simple T-Test. **Research results:** The results of the Paired Simple T-Test based on the Hb value before and after treatment showed a significant value of $0.000 < 0.05$ with an average increase of 1.6 gr/dl, which means H_a was accepted. **Conclusion:** There is an effect of giving 250 ml of guava juice/day for 7 days to increase HB levels in female students.

Keywords: Schoolgirl, Anemia, Guava juice