

**THE EFFECT OF GIVING DATES ON INCREASING HEMOGLOBIN
LEVELS IN PREGNANT WOMEN WITH ANEMIA IN THE EROMOKO 1
HEALTH CENTER AREA**

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ABSTRACT

Background: The Wonogiri District Government has provided 93.2% of the population with blood supplement tablets, but these efforts have not overcome anemia. According to the WHO, the mortality rate of pregnant women is related to anemia and is mostly caused by iron deficiency. A pregnant woman needs iron to prevent anemia, which can cause miscarriage, premature labour and stunt the growth and development of the foetus. Anemia in pregnant women occurs when the hemoglobin level is <11.0 gr/dL. This can be overcome with dates, which can increase hemoglobin levels due to their high iron content of 1.02, thus preventing anemia in pregnant women. **Objective:** To determine the effect of dates on increasing haemoglobin levels in pregnant women with anaemia. **Method:** The research design is a pre-experiment with a one group pre-test post-test approach and the number of respondents is 24 respondents. the sample used is total sampling with paired simple t-test analysis test. **Results:** Before being given data, the average paired simple t test results based on the value of haemoglobin levels before and after the intervention obtained a significant value of 0.001 <0.05 with an average increase of 0.988 gr/dl. **Conclusion:** There is an effect of giving dates on increasing haemoglobin levels in pregnant women with anaemia.

Keywords: Pregnant Women, Anemia, Dates