

**THE EFFECT OF GUAVA JUICE ON INCREASING HEMOGLOBIN
LEVELS IN ADOLESCENT GIRLS AT SMA NEGERI 1 SEPUTIH
AGUNG CENTRAL LAMPUNG**

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ABSTRACT

Background : In the Sumatra region, Lampung Province has the highest prevalence of anemia at 63%. In Central Lampung, the prevalence of anemia in adolescent girls reached 60.8%. The impact of anemia on adolescents can be in the form of decreased immunity, concentration, learning achievement fitness & activity, if not properly addressed, when pregnant continues to become pregnant women with anemia, at risk of giving birth to premature babies or LBW and giving birth to the next stunted generation who are not only short but have low intelligence (IQ), psychological disorders and are at risk of diabetes, hypertension, and other chronic diseases in the future. Prevention of anemia can be started from increasing adolescent hemoglobin levels using red guava juice, which contains 228.3 grams of Vitamin C in 100 grams, which can help iron absorption up to 30%. **Objective :** to know the effect of giving Red Guava Juice on increasing Hemoglobin levels in adolescent girls. **Method :** The study used a Quasi Experiment with the research design used was a two group pre test- post test design, namely an initial examination before treatment, then given a Red Guava Juice intervention in the intervention group with a dose of Red Guava Juice at a dose of 100grams taken 1x a day for 7 days and giving health care to the control group. The number of 30 respondents was divided into 2 groups and the data were analyzed using the Independent Sample T Test statistical test. **Results :** Before treatment, the average hemoglobin in the intervention group was 12 gr/dl and 12.3 gr/dl in the control group. After treatment, the intervention group experienced an increase of 1.8 gr/dl and the control group experienced an increase of 0.2 gr/dl. The test results showed $p=0.00<0.05$ which means H_a is accepted. **Conclusion :** There is an effect of giving Red Guava Juice on increasing Hemoglobin levels in adolescent girls at SMA Negeri 1 Seputih Agung Central Lampung.

Keywords : *Guava Juice, Adolescent Women's Hemoglobin Levels.*