

**THE EFFECT OF MUNG BEAN JUICE ADMINISTRATION ON
HEMOGLOBIN LEVEL IMPROVEMENT IN ANEMIC PREGNANT
WOMEN AT KRADENAN 1 PUBLIC HEALTH CENTER**

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ABSTRACT

Background: Anemia in pregnant women is commonly caused by hemodilution, which is an increase in plasma blood volume that exceeds the increase in red blood cell count, resulting in a decrease in hemoglobin levels. This process begins around the 10th week of gestation and peaks between the 32nd and 36th weeks. Anemia can have negative impacts on both the mother and the fetus, such as an increased risk of bleeding during delivery and impaired fetal growth and development. One effort to improve hemoglobin levels is by consuming foods rich in iron. Mung beans (*Vigna radiata*) contain 6.7 mg of iron per 100 grams, along with other supportive nutrients that are beneficial for pregnant women. **Objective:** To determine the effect of mung bean extract on increasing hemoglobin levels in anemic pregnant women at Kradenan 1 Public Health Center. **Method:** A pre-experimental design with a one-group pretest-posttest approach. The sample included 22 respondents selected using consecutive sampling. **Results:** Bivariate analysis using paired T-test showed a p-value of 0.000 (<0.05). **Conclusion:** Mung bean extract has a significant effect on increasing hemoglobin levels in anemic pregnant women at Kradenan 1 Public Health Center.

Keywords: Mung Bean Extract, Hemoglobin, Pregnant Women, Anemia