THE EFFECT OF GIVING DATES ON INCREASING HEMOGLOBIN LEVELS IN ADOLESCENT FEMALES IN THE WORKING AREA OF THE MOJOLABAN COMMUNITY HEALTH CENTER

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ABSTRACT

Background: *Anemia is characterized by a decrease in the number of red blood cells or hemoglobin levels below normal limits (<12 g/dL). In Sukoharjo Regency, the prevalence of anemia reached 36.9% in 2023, with one of the causes being insufficient iron intake. One alternative treatment for anemia is the consumption of dates, which are rich in iron and can help increase hemoglobin levels.* ***Objective:*** *to determine the effect of dates on increasing hemoglobin levels in adolescent girls in the working area of Puskesmas Mojolaban.* ***Method:*** *this study employed a quantitative approach with a Quasi-Experimental design, involving 36 adolescent girls divided into two groups: the intervention group, which consumed 100 grams of dates per day for 7 days, and the control group, which did not consume dates. Data analysis was conducted using the Shapiro-Wilk test and Paired T-Test.* ***Results:*** *The analysis showed that the mean hemoglobin levels pre- and post-intervention increased from 10.6 to 13.0, while in the control group, it increased from 10.7 to 11.2. The Paired T-Test indicated a Sig. (2-tailed) value of 0.001 < 0.05, meaning the alternative hypothesis was accepted. The difference in the mean increase in hemoglobin levels in the intervention group was 2.4, which was greater than the control group's increase of only 0.5.* ***Conclusion:*** *There is an effect of date consumption on increasing hemoglobin levels in adolescent girls with anemia.*

Keywords: Anemia, Dates, Hemoglobin, Adolescent Girls.