

**EDUCATIONAL MEDIA POCKET BOOK RELATED TO GREEN
BEAN JUICE TO INCREASE HEMOGLOBIN
IN PREGNANT WOMEN**

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SUMMARY

Background: Anemia in pregnant women causes fatigue, weakness, and the risk of pregnancy complications and impaired fetal development. The government requires the consumption of Fe tablets to prevent anemia, but compliance is low due to side effects such as nausea. Therefore, in addition to Fe tablets, giving green bean juice as a non-pharmacological approach can increase hemoglobin levels without side effects. Education is important to provide to increase the knowledge of pregnant women about maintaining hemoglobin levels and the benefits of green bean juice in preventing anemia naturally. **Objective:** To compile media in the form of a pocket book to increase knowledge about the benefits of green bean juice as a natural effort to increase hemoglobin levels in pregnant women. **Method:** The output of the pocket book is made using the Canva application in its preparation. The pocket book then went through a revision process, input from the supervisor and three respondents, and improvements from the author. **Results:** This pocket book was made like a pocket book in general, measuring 10.5 x 14.8 cm consisting of 28 pages. The pocket book was printed in full color using 150 gram paper for the contents and 260 grams with a matte lamination for the cover. **Conclusion:** The compilation of educational media in the form of a pocket book about giving green bean juice to increase hemoglobin in pregnant women is suitable for use as a medium for Communication, Information, and Education (KIE). The pocket book is compiled with easy-to-understand content, communicative language, and an attractive visual appearance, which is expected to support the understanding of pregnant women.

Keywords: Green Bean Juice, Hemoglobin, Pregnant Women