

**PENGARUH MENGONSUMSI SARI KACANG MERAH  
(*PHASEOLUS VULGARIS*) TERHADAP PENINGKATAN  
KADAR *HAEMOGLOBIN* PADA REMAJA PUTRI DUSUN  
KARANGGANDU KECAMATAN KERJO KARANGANYAR**

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**ABSTRACT**

**Background:** Iron deficiency anemia is a serious health issue among adolescent girls in Karanggandu Village, with a prevalence of 25%. This condition leads to decreased productivity, fatigue, and concentration difficulties in learning. Red bean (*Phaseolus vulgaris L*), rich in iron, has been shown to effectively raise *haemoglobin* levels in adolescents. **Objective:** To determine the effect of red bean juice (*Phaseolus vulgaris L*) consumption on increasing *haemoglobin* levels in adolescent girls in Karanggandu Village. **Methods:** This study employed a *pre- experimental one-group pretest-posttest* design with a sample of 30 adolescent girls who met the inclusion criteria. Data were measured before and after a 7-day intervention of red bean juice consumption. Data analysis was conducted using the Paired t-test with a significance level of  $\alpha < 0.05$ . **Results:** The average *hemoglobin* level increased from 11.32 g/dL to 12.15 g/dL after the intervention, with a significant increase of 0.83 g/dL ( $p = 0.001$ ). Statistical test results showed an Asymp.Sig (2-tailed) value of 0.000 ( $< 0.05$ ), indicating a significant effect. **Conclusion:** Consumption of red bean extract has a significant effect on increasing *haemoglobin* levels in adolescent girls and can serve as an alternative nutritional intervention for addressing anemia in the community.

**Keywords:** Anemia, red bean juice, *haemoglobin*, adolescent girls, nutritional intervention.