

**THE EFFECT OF DATE FRUIT CONSUMPTION ON INCREASING  
HEMOGLOBIN LEVELS IN THIRD TRIMESTER PREGNANT  
WOMEN AT MITRA MEDIKA HOSPITAL PONTIANAK**

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**ABSTRACT**

**Background :** Anemia is condition characterized by a decrease in the number of red blood cells in the blood, indicating a drop in hemoglobin levels, with values below normal or less than 12.0 gr/dl in adult women. If left untreated, anemia can negatively affect both the mother and fetus. In pregnant women anemia can lead to preterm birth and postpartum hemorrhage. Dates can help prevent anemia because they are rich in iron and calcium, which are essential in red blood cell formation. **Method :** This research use a pre-eksperimental design with a one group pretest-posttest approach. The population and sample consisted of 23 pregnant women with mild to moderated anemia. The sampling technique was purposive sampling based on specific criteria. Analysis was performed using the Wilcoxon test. **Results :** The lowest hemoglobin level before consuming dates was 8 g/dl and the highest was 11,8 gr/dl. After consuming 100 grams of dates daily for 10 days, the lowest hemoglobin level was 9 gr/dl and the highest was 12,5 gr/dl. The Wilcoxon test showed a significance value of 0,001 ( $p < 0,05$ ), indicating that date fruit consumption had a significant effect on increasing hemoglobin levels in third trimester pregnant women at Mitra Medika Hospital Pontinak in 2025. **Conclusion :** There is an effect of increased hemoglobin levels in third trimester pregnant women at Mitra Medika Hospital Pontianak. **Sugestion :** Consuming dates can be considered as an additional alternative to prevent anemia in third trimester pregnant women at Mitra Medika Hospital Pontianak

**Keyword :** Anemia, Dates, Third Trimester Pregnant