

ADMINISTRATION OF GREEN BEAN EXTRACT TO INCREASE HEMOGLOBIN LEVELS IN PREGANT WOMEN

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ABSTRACT

Back Ground; Pregnancy is a physiological process that provides a change in the condition of pregnant women. Changes that often occur during pregnancy are anemia. Iron deficiency anemia is one of the most common disorders during pregnancy. **Objective;** Know and prove how the effect of Giving Sari Green Beans Can Increase Hemoglobin Levels in Pregnant Women. **Method;** This research uses descriptive research design. The design of this study was made by describing the implementation of the effect of giving green bean extract to the increase in hemoglobin levels in pregnant women. The research subjects used were 2 pregnant women who met the inclusion and exclusion criteria. **Result;** The results of the research that was carried out after the administration of green bean extract both respondents experienced an increase in Hb levels. In respondent I experienced an increase in Hb which was initially 10.4 gr / dL to 12.8 gr / dL. Whereas in respondent II experienced an increase in Hb which was initially 10.5 gr / dL to 12.9 gr / dL. **Conclusion;** There is an effect of green pea extraction in increasing Hb levels in pregnant women.

Keywords: *Pregnant women, anemia, green bean extract*