

**PENGARUH PEMBERIAN JUS JAMBU BIJI MERAH
(*Psidium Guajava Linn*) TERHADAP PENINGKATAN
KADAR HEMOGLOBIN IBU HAMIL DENGAN
ANEMIA DI WILAYAH KERJA PUSKESMAS
SAMBAU KOTA BATAM
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**Kata Kunci : Jus Jambu Biji Merah (*Psidium Guajava Linn*),
Hemoglobin, Ibu hamil.**

INTISARI

Angka kejadian menunjukkan 95% wanita hamil mengalami anemia yang merupakan kekurangan zat besi dalam tubuh. Data dari dinas kesehatan Kota Batam tahun 2023 yang menunjukkan Wilayah Kerja Puskesmas Sambau menempati peringkat pertama dengan jumlah ibu hamil yang mengalami anemia sebanyak 117 orang dengan jumlah ibu hamil sebanyak 1.333 orang. Tujuan penelitian ini untuk mengetahui pengaruh pemberian Jus Jambu Biji Merah terhadap peningkatan Kadar Hemoglobin pada Ibu Hamil dengan anemia di Wilayah Kerja Puskesmas Sambau Kota Batam. Jenis penelitian ini adalah pre- eksperimental dengan desain *one group pretest-posttest design*, Teknik sampling yang digunakan adalah *purposive sampling* dengan jumlah sampel 16 ibu hamil anemia. Setiap responden diberikan perlakuan dengan pemberian jus jambu biji merah sebanyak 250ml, 1 kali sehari selama 14 hari. Pengukuran kadar hemoglobin dilakukan 2 kali yaitu sebelum (*pre-test*) diberikan jus jambu biji merah dan setelah (*post- test*) diberikan jus jambu biji merah. Hasil analisis menggunakan Uji *paired T-test*, Hasil penelitian menunjukkan *mean* kadar Hb ibu hamil sebelum diberikan Jus Jambu Biji Merah (*pretest*) 10,4 gr/dl dan setelah pemberian Jus Jambu Biji Merah (*post test*) memiliki nilai *mean* 11,9 gr/dl. Hasil uji statistic didapatkan nilai *p-value*=0,000 < 0,05 yang artinya ada pengaruh pemberian Jus Jambu Biji Merah terhadap peningkatan kadar hemoglobin (Hb) pada ibu hamil anemia. Diharapkan hasil penelitian ini dapat dijadikan gambaran bagi Puskesmas Sambau dalam mencegah dan mengatasi kejadian anemia pada ibu hamil secara non farmakologi yaitu melalui pemberian Jus Jambu Biji Merah sehingga kejadian anemia pada ibu hamil dapat berkurang.

**THE EFFECT OF GIVING RED GUAVA JUICE (*Psidium Guajava Linn*) ON INCREASING HEMOGLOBIN LEVELS OF
PREGNANT WOMEN WITH
ANEMIA IN THE UPT SAMBAU WORK AREA
BATAM CITY IN 2024**

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***Keywords: Red Guava Juice (*Psidium Guajava Linn*), Hemoglobin,
Pregnant women.***

ABSTRACT

The incidence rate shows that 95% of pregnant women experience anemia, which is a lack of iron in the body. Data from the Batam City Health Service in 2023 shows that the Sambau Health Center Work Area is in first place with the number of pregnant women experiencing anemia of 117 people with the number of pregnant women being 1,333 people. The aim of this research was to determine the effect of giving Red Guava Juice on increasing Hemoglobin Levels in Pregnant Women with anemia in the Sambau Community Health Center Working Area, Batam City. This type of research is pre-experimental with a one group pretest-posttest design. The sampling technique used is purposive sampling with a sample size of

16 anemic pregnant women. Each respondent was given treatment by administering 250ml of red guava juice, once a day for 14 days. Hemoglobin levels were measured twice, namely before (pre-test) they were given red guava juice and after (post-test) they were given red guava juice. The results of the analysis using the paired T-test, the results showed that the mean Hb level of pregnant women before being given Red Guava Juice (pretest) was 10.4 gr/dl and after giving Red Guava Juice (post test) had a mean value of 11.9 gr /dl. The statistical test results showed that the p-value = 0.000 < 0.05, which means that there is an effect of giving Red Guava Juice on increasing hemoglobin (Hb) levels in anemic pregnant women. It is hoped that the results of this research can be used as an illustration for the Sambau Community Health Center in preventing and treating the incidence of anemia in pregnant women non- pharmacologically, namely by administering Red Guava Juice so that the incidence of anemia in pregnant women can be reduced.

