

Intervention of California Papaya Juice Combined with Honey on Hemoglobin Levels Hemoglobin of Anemic Pregnant Women in the Work Area Bungatan Health Center, Situbondo Regency

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ABSTRACT

Anemia is a condition where the number and size of red blood cells or hemoglobin concentration is below the normal limit value which results in disruption of the blood's capacity to transport oxygen throughout the body. The prevalence of anemia among pregnant women is above 10%, one of which is Situbondo Regency at 10.69%. Iron absorption is strongly influenced by the availability of vitamin C. Vitamin C given with iron will have an impact in the form of an increase in iron status. The purpose of this study was to determine the effect of california papaya juice intervention combined with honey on hemoglobin levels of anemic pregnant women in the Bungatan Health Center Working Area. This research is a Quasi-Experimental research with Pretest Posttest Control Group design. The sampling technique used total sampling with a total of 16 subjects of anemic pregnant women who were divided into 2 groups, namely treatment and control. The treatment and control groups consisted of 8 people each. The treatment group was given Fe tablets and california papaya juice combined with honey 250ml/day and the control group was given Fe tablets and mineral water 250ml/day for 7 days. The vitamin C content in 250 ml of california papaya juice combined with honey is 9.1 mg. The difference in hemoglobin levels between the control group and the treatment group was no difference ($p = 0,394$). The conclusion of this study is that there is no effect of california papaya juice intervention combined with honey on hemoglobin levels of anemic pregnant women in the Bungatan Health Center Work Area, Situbondo Regency.

Keywords: *pregnant women, hemoglobin levels, vitamin C*