

***The Effect of Giving Red Guava Smoothie Combination with Ambon Banana
on Hemoglobin Levels of Anemic Adolescent Girls at the Darussalam
Banyuwangi Islamic Boarding School*** Yohan Yuanta, S.ST, M.Gizi

Rafidah Wulantika

Clinical Nutrition Study Program

Department of Health

ABSTRACT

Anemia is a condition described by hemoglobin levels of less than 12 g/dl in the blood. Adolescent girls are an age group with a high prevalence of anemia. The prevalence of adolescent girls experiencing mild and severe anemia in Southeast Asia is 25-40%. Meanwhile, nationally the incidence of anemia continues to increase. In the 2013 Riskesdas survey, the anemia prevalence rate was 37.1%, which increased to 48.9% in the 2018 survey (Riskesdas, 2018). One of the causes of anemia in young women is a lack of intake of iron or Fe and vitamin C which play a role in the formation of hemoglobin. Red guava and Ambon banana are local fruits with high vitamin C and Fe content. The aim of this research was to determine the effect of giving a red guava smoothie combined with Ambon banana on the hemoglobin levels of anemic adolescent girls. Research on providing diet therapy with a red guava smoothie combined with Ambon bananas used a quasi-experiment research method with a pretest posttest with control group design. The research was conducted on 26 teenage girls who were divided into two groups for seven days. Based on the results of pretest data analysis between groups, $p\text{-value}=0.320>0.05$ and posttest $p\text{-value}=0.343>0.05$. There was a significant difference in pretest posttest hemoglobin levels in the treatment group, $p\text{-value} = 0.001<0.05$ and there was no significant difference in pretest posttest hemoglobin levels in the control group, $p\text{-value}=0.194>0.05$. The results of the difference test showed no difference in pretest posttest Hb levels between the control and treatment groups, the $p\text{-value}$ was $0.777>0.05$. So it can be concluded that there is no significant effect of giving a red guava smoothie combined with Ambon banana on the hemoglobin levels of anemic adolescent girls.

Key words: anemia, smoothie, red guava, Ambon banana.