

ABSTRAK

PENGARUH PEMBERIAN DAUN KELAKAI (*STENOCLEANA PALUSTRI*) UNTUK MENAIKAN KADAR HB PADA REMAJA ANEMIA DI YAYASAN AL ANWAR DESA KARANG MULYA KECAMATAN PANGKALAN BANTENG KABUPATEN KOTAWARINGIN BARAT

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Faktor penyebab terjadinya anemia pada remaja salah satunya adalah karena kekurangan asupan zat gizi yang penting dalam pembentukan sel darah merah, salah satunya zat gizi besi.

Penelitian ini menggunakan desain penelitian ini adalah *quasi eksperiment*, pre test dan post test *with control one group design*. Dengan teknik *purposive sampling* didapatkan sampel sebanyak 30 responden yang nantinya akan dibagi 2 kelompok, 15 kelompok eksperimen, 15 nya lagi kelompok kontrol, variabel independen pemberian daun kelakai variabel dependen kenaikan HB. Digunakan uji statistik *Uji Paired T test* untuk mengetahui hubungan kedua variabel.

Hasil penelitian dari 30 responden didapat bahwa responden pada kelompok eksperimen 14 responden mengalami anemia ringan (93,33%), anemia sedang 1 orang (6,67%), dan kelompok kontrol mengalami anemia ringan 15 responden (100%).

Analisis menggunakan uji statistik *Uji Paired T test* didapatkan hasil $p = < 0,000 < 0,05$ maka H_0 ditolak dan H_1 diterima yang berarti ada hubungan pemberian daun kelakai (*STENOCLEANA PALUSTRI*) untuk menaikkan kadar hb pada remaja anemia di yayasan al anwar desa karang mulia kecamatan pangkalan banteng kabupaten kotawaringin barat.

Pemberian daun kelakai sebanyak 100gr yang sudah berbentuk sop sangat efektif membantu menaikkan kadar HB pada remaja.

Kata kunci : Daun kelakai, kenaikan Hemoglobin, anemia

ABSTRACT

THE EFFECT OF GIVING KELAKAI LEAVES (*STENOCLEANA PALUSTRI*) TO INCREASE HB LEVELS IN ANEMIA ADOLESCENTS AT THE AL ANWAR FOUNDATION, KARANG MULYA VILLAGE, PANGKALAN BANTENG DISTRICT, WEST KOTAWARINGIN REGENCY

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One of the factors that cause anemia in adolescents is due to a lack of intake of nutrients that are important in the formation of red blood cells, one of which is iron nutrition.

This study uses the design of this study is quasi-experimental, pre-test and post test with control one group design. With the purposive sampling technique, a sample of 30 respondents was obtained which will later be divided into 2 groups, 15 experimental groups, 15 control groups, independent variables of leaf administration and dependent variable increase in HB. The Paired T test was used to determine the relationship between the two variables.

The results of the study from 30 respondents were obtained that the respondents in the experimental group of 14 respondents experienced mild anemia (93.33%), moderate anemia 1 person (6.67%), and the control group experienced mild anemia of 15 respondents (100%).

*Analysis using the Paired T test statistical test obtained the result of $p = < 0.000 < 0.05$, then H_0 was rejected and H_1 was accepted, which means that there is a relationship between giving kelakai leaves (*STENOCLEANA PALUSTRI*) to increase hb levels in anemia adolescents at the Al Anwar Foundation, Karang Mulya Village, Pangkalan Banteng District, West Kotawaringin Regency.*

Giving 100 grams of kelakai leaves in the form of soup is very effective in helping to increase HB levels in adolescents.

Keywords: *Stenocleana Palustri*, haemoglobin, anemia