ABSTRAK

POTENSI KONSUMSI BUAH NAGA MERAH *(HYLOCEREUS COSTARICENSIS)* DALAM MENINGKATKAN KADAR HEMOGLOBIN PADA IBU HAMIL ANEMIA DI WILAYAH KERJA PUSKESMAS PONGGOK KABUPATEN BLITAR

Novi Hepi Kristanti[1], Lely Khulafa'ur R[2]
[1]*Universitas STRADA Indonesia*
[2]*Fakultas Kebidanan*
Novihepi_Kristanti89@gmail.com

Sebagian besar perempuan mengalami anemia selama kehamilan, anemia tersebut yakni anemia defisiensi besi. Prevalensi anemia pada ibu hamil di Kabupaten Blitar adalah 8,41% pada tahun 2023, yang jauh di bawah angka nasional tahun 2020 (48,9%). Tujuan penelitian ini adalah untuk mengetahui pengaruh konsumsi buah naga merah (hylocereus costaricensis) dalam meningkatkan kadar hemoglobin pada ibu hamil anemia di wilayah kerja puskesmas ponggok kabupaten Blitar.

Penelitian ini menggunakan desain *pre-experimental* dengan pendekatan *one group pretest-postest*. Populasi dalam penelitian ini adalah ibu hamil trimester I,II dan III di Wilayah Kerja Puskesmas Ponggok Kabupaten Blitar. Tehnik sampling dalam penelitian ini menggunakan *purposive sampling*. Pengumpulan data menggunakan lembar observasi dan GCU atau Easy Touch. Analisa data bivariat dengan uji statistik *Paired Sample T-test.*

Diketahui dari 38 responden diberikan Buah Naga Super Red *(Hylocereus Costaricensis)* rata-rata kadar hemoglobin 10 – 10,9 gr/dl sebanyak 27 responden (71%) dan setelah diberikan Buah Naga Super Red (*Hylocereus Costaricensis)* antara rata-rata kadar hemoglobin 12 – 12,9 gr/dl yaitu sebanyak 25 responden (65,7%).

Hasil uji statistik menunjukkan ada pengaruh sebelum dan sesudah diberikan Buah Naga Super Red (*Hylocereus Costaricensis)* pada responden di Puskesmas Ponggok Kabupaten Blitar dengan nilai p= 0.000 $\alpha < 0,05$. Dengan selisih mean kadar hemoglobin sebesar -2,15526.

Disimpulkan bahwa ada pengaruh sebelum dan sesudah diberikan Buah Naga Super Red (*Hylocereus Costaricensis*) pada ibu hamil di Puskesmas Ponggok Kabupaten Blitar. Diharapkan untuk memastikan kondisi responden sebelum dan saat proses pemberian buah naga dilakukan, serta memastikan secara langsung dalam pemberian buah naga terhadap responden.

Kata Kunci : Buah naga, kadar hemoglobin, ibu hamil, anemia

ABSTRACT

THE POTENTIAL OF RED DRAGON FRUIT (HYLOCEREUS COSTARICENSIS) CONSUMPTION IN INCREASING HEMOGLOBIN LEVELS IN PREGNANT WOMEN WITH ANEMIA IN THE WORK AREA OF PONGGOK COMMUNITY HEALTH CENTER, BLITAR REGENCY

Novi Hepi Kristanti[1], Lely Khulafa'ur R[2]
[1] *University STRADA Indonesia*
[2] *Faculty of Midwifery*
Novihepi_Kristanti89@gmail.com

Most women experience anemia during pregnancy, primarily iron deficiency anemia. The prevalence of anemia among pregnant women in Blitar Regency was 8.41% in 2023, significantly below the national figure for 2020 (48.9%). The purpose of this study was to determine the effect of consuming red dragon fruit (*Hylocereus costaricensis*) on increasing hemoglobin levels in anemic pregnant women in the Ponggok Community Health Center (Puskesmas) area of Blitar Regency.

This study used a pre-experimental design with a one-group pretest-posttest approach. The population was pregnant women in their first, second, and third trimesters in the Ponggok Community Health Center area of Blitar Regency. The sampling technique in this study used *purposive sampling*.. Data collection used observation sheets and GCU (Easy Touch). Bivariate data analysis used the *Paired Sample T-test.*

Of the 38 respondents who were given Super Red Dragon Fruit (Hylocereus Costaricensis), 27 (71%) had an average hemoglobin level of 10–10.9 g/dl. After receiving Super Red Dragon Fruit (Hylocereus Costaricensis), 25 (65.7%) had an average hemoglobin level of 12–12.9 g/dl.

Statistical test results showed a significant difference between the pre- and post-administration of Super Red Dragon Fruit (*Hylocereus Costaricensis*) among respondents at the Ponggok Community Health Center in Blitar Regency, with a p-value of 0.000, $\alpha < 0.05$. With a mean difference in hemoglobin levels of -2.15526.

It was concluded that there was a significant difference between the pre- and post-administration of Super Red Dragon Fruit (*Hylocereus Costaricensis*) among pregnant women at the Ponggok Community Health Center in Blitar Regency. It is recommended to assess the condition of the respondents before and during the dragon fruit administration process, as well as to directly assess the effects of dragon fruit administration on the respondents.

Keywords: Dragon fruit, hemoglobin levels, pregnant women, anemia