Abstract

The efectiveness of Giving Morinaga Leaf Pudding on Increasing Hemoglobin Levels in Anemic Pregnant Women in the North City Community Healt Center Work Area. According to the WHO in 2021, approximately 40% of pregnant deaths approximately 591,000 perinatal deaths annually worldwide. Anemia is a condition in which a pregnant woman experiences a deficiency in the number of red blood cells needed to carry oxygen throughout the body. Anemia that accurs during pregnancy increases the risk of premature birth or low birth weight. Anemia in pregnant women can be managed non-pharmacologically, such as by consuming morinaga leaf pudding. This study aims to determine the effectiveness of morinaga leaf pudding on increasing hemoglobin levels in anemic pregnant women in the North kota Communoty Health Center (Puskemas) working area. The desiggn used was Q.Experimental study with design Control Group Pretest-Postest The number of samples used was 30 pregnant women who were devided into 15 intervention groups. The test results Independent T-Testshowed a significant difference in post-test hemoglobin levels between the intervention and control groups with a p-value of 0.000 <0.05, the intervention group had a lower average (1.266) than the control (2.400). this proves that giving moringa leaf pudding together with Fe teblets is more effective in improving anemia in pregnant women. Conclusion : There is effectiveness in giving moringa leaf pudding to increase hemoglobin levels in anemic pregnant women in thr Nort city Health center working Area.

***Keywords** : Anemia, Pregnant Women, Moringa Leaves, Hemoglobin Levels*

ABSTRAK

Anemia merupakan kondisi ketika ibu hamil mengalami kekurangan jumlah sel darah merah yang dibutuhkan untuk membawa oksigen ke seluruh tubuh. Anemia yang terjadi selama masa kehamilan berisiko meningkatkan kemungkinan melahirkan bayi prematur atau bayi dengan berat badan rendah. Penanganan anemia pada ibu hamil dapat diatasi secara non farmakologi seperti mengkonsumsi puding daun kelor. Penelitian ini bertujuan untuk mengetahui efektivitas pemberian puding daun kelor terhadap peningkatan kadar hemoglobin pada ibu hamil anemia di Wilayah Kerja Puskesmas Kota Utara. Desain yang digunakan yaitu Q*uasi Eksperimen* dengan desain *Control Group Pretest-Posttest*, jumlah sampel yang digunakan sebanyak 30 ibu hamil yang terbagi menjadi 15 kelompok intervensi dan 15 kelompok kontrol. Hasil uji *Independent T-Test* menunjukkan perbedaan signifikan kadar hemoglobin post-test antara kelompok intervensi dan kontrol dengan p-value 0,000 <0.05, kelompok

intervensi memiliki rata-rata lebih rendah (1,266) dibandingkan kontrol (2,400). Ini membuktikan bahwa pemberian puding daun kelor bersama tablet Fe lebih efektif dalam memperbaiki kondisi anemia pada ibu hamil. Kesimpulan: Terdapat efektivitas pemberian puding daun kelor terhadap peningkatan kadar hemoglobin pada ibu hamil anemia di Wilayah Kerja Puskesmas Kota Utara.

Kata Kunci: Anemia, Ibu Hamil, Puding Daun Kelor