

THE EFFECT OF STRAWBERRY JUICE ON IMPROVING HB LEVEL AMONG FEMALE ADOLESCENTS WITH ANEMIA

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ABSTRACT

Background: Anemia in adolescents is a public health problem. Female adolescents are at higher risk to have anemia, particularly iron deficiency anemia, than male adolescents because they have a menstrual cycle every month. This study aimed to examine the effect of strawberry juice (*Fragaria vesca*) on improving haemoglobin (Hb) level among female adolescents with anemia.

Subjects and Method: This study was a quasi-experiment before and after with control group design conducted at MTS Nurul Amin Tawangharjo, Kudus, Central Java. A sample of 40 female adolescents was selected for this study, consisting of 20 adolescents receiving strawberry juice and 20 adolescents receiving no-strawberry juice. The independent variable was strawberry juice. The dependent variable was Hb level. Hb level was measured by cyanmet photometer method. The data were analyzed by t-test.

Results: The increase in Hb level scores before and after intervention in the strawberry juice group was higher than in the control group, and it was statistically significant ($p = 0.005$).

Conclusion: Strawberry juice is effective to increase Hb level among female adolescents.

Keywords: strawberry juice, hemoglobin level, female adolescents

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