

POLTEKKES KEMENKES JAMBI
PROGRAM STUDI SARJANA TERAPAN KEBIDANAN

Skripsi, September 2025

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**Pengaruh Jus Terong Belanda Terhadap Kadar Hemoglobin Mahasiswa
Kebidanan Poltekkes Jambi Tahun 2025**

90 halaman + 7 tabel + 8 lampiran

ABSTRAK

Anemia defisiensi besi adalah isu kesehatan umum di kalangan remaja putri, termasuk mahasiswa, yang dapat mengganggu kinerja akademis dan kualitas hidup secara keseluruhan. Jus terong belanda (*Cyphomandra betacea* Sendtn./*Solanum betaceum* Cav.) dikenal memiliki kandungan vitamin C, zat besi, dan antioksidan yang tinggi, sehingga berpotensi menjadi agen efektif dalam memperbaiki kadar hemoglobin (Hb) darah. Tujuan dari penelitian ini adalah untuk mengevaluasi pengaruh intervensi jus terong belanda terhadap peningkatan kadar Hb pada mahasiswa Kebidanan Poltekkes Kemenkes Jambi tahun 2025.

Penelitian ini mengadopsi pendekatan kuantitatif dengan desain *pre-experimental* tipe *one group pretest-posttest*. Populasi studi adalah 97 mahasiswa tingkat II Jurusan Kebidanan, dengan 35 responden dipilih sebagai sampel melalui teknik *purposive sampling*. Intervensi pemberian jus terong belanda dilaksanakan selama enam hari berturut-turut. Pengukuran kadar Hb dilakukan sebelum dan sesudah intervensi menggunakan alat digital Hb Check.

Data menunjukkan adanya peningkatan kadar Hb rata-rata responden dari 11,2 gr/dL (pra-intervensi) menjadi 11,6 gr/dL (pasca-intervensi). Berdasarkan hasil analisis statistik menggunakan uji *Wilcoxon*, ditemukan nilai $p=0,00$ ($<0,05$), yang mengindikasikan adanya pengaruh signifikan pemberian jus terong belanda terhadap peningkatan kadar hemoglobin.

Jus terong belanda terbukti berpengaruh signifikan dalam menaikkan kadar hemoglobin pada mahasiswa Kebidanan Poltekkes Kemenkes Jambi karena terong belanda memiliki kandungan Fe sebanyak 3,6mg-5,9mg. Oleh karena itu, jus terong belanda dapat dipertimbangkan sebagai alternatif pemenuhan Fe pada remaja.

References : 24 (2018-2025)

JAMBI HEALTH POLYTECHNIC
BACHELOR DEGREE PROGRAM IN MIDWIFERY

Undergraduate Thesis, September 2025
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***The Effect of Tamarillo Juice on Hemoglobin Levels of Midwifery Students at Poltekkes
Kemenkes Jambi in 2025***

90 pages + 7 tables + 8 appendices

ABSTRACT

Iron deficiency anemia is a common health issue among adolescent girls, including university students, that can disrupt academic performance and overall quality of life. Tamarillo juice (*Cyphomandra betacea* Sendtn./*Solanum betaceum* Cav.) is known for its high content of vitamin C, iron, and antioxidants, making it a potential effective agent in improving blood hemoglobin (Hb) levels. This study aims to evaluate the effect of tamarillo juice intervention on the increase in Hb levels of midwifery students at Poltekkes Kemenkes Jambi in 2025.

This study adopts a quantitative approach with a pre-experimental one group pretest-posttest design. The study population consisted of 97 second-year midwifery students, with 35 respondents selected as samples through purposive sampling. The intervention of tamarillo juice administration was carried out for six consecutive days. Hb levels were measured before and after the intervention using a digital Hb Check device.

The data showed an increase in the average Hb levels of respondents from 11.2 gr/dL (pre-intervention) to 11.6 gr/dL (post-intervention). Based on statistical analysis using a Wilcoxon, a p-value of 0.00 (<0.05) was found, indicating a significant effect of tamarillo juice administration on increasing hemoglobin levels.

Tamarillo juice has been proven to have a significant effect in increasing hemoglobin levels in midwifery students at Poltekkes Kemenkes Jambi because tamarillo contains iron ranging from 3.6 mg to 5.9 mg. Therefore, tamarillo juice can be.

References:24 (2018-2025)