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“THE EFFECT OF GIVING MORINGA LEAVES (MORINGA OLEIFERA) EXTRACT ON PREGNANT WOMEN WHO RISK ANEMIA IN SYECH YUSUF HOSPITAL, GOWA DISTRICT”

ABSTRACT

Anemia is a health problem that often occurs in pregnant women. Moringa leaves can be used as a substitute for iron intake because they contain high iron (Fe), namely in 100 grams of Moringa leaves contain 7 mg of iron (Fe)². To determine Hb levels before and after being given Moringa oleifera extract to pregnant women who are at risk of anemia. This is to determine the effect of Moringa oleifera extract on hemoglobin levels in pregnant women who are at risk of anemia. This research was conducted at Syekh Yusuf Gowa Regional Hospital on September 24, 2020 - October 23, 2020. This research is an experimental research (pre-experiment) with one group pre-post test design. The sample size was 20 first trimester pregnant women. The sampling technique used was purposive sampling. The data obtained were processed in SPSS. The processed data is presented in tabular form and analyzed using the paired sample t test at the significance level $\alpha = 0.05$. In this study, the average hemoglobin level of respondents at the pre-test was 10.93 ± 0.22 gr / dl, and 11.32 ± 0.25 gr / dl during the post-test. The administration of Moringa oleifera leaf extract affected the hemoglobin level of pregnant women ($p < 0.05$). There is an effect of Moringa oleifera leaf extract on hemoglobin levels of pregnant women.

Keywords : Moringa leaf extract, pregnant women, hemoglobin levels