

## **Red Guarantee Juice (Bujirah) Honey Increases Hb Levels**

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### **Abstract**

World Health Organization WHO (World Health Organization) 40% of maternal deaths in developing countries are related to anemia in pregnancy, mostly caused by iron deficiency and acute bleeding, not infrequently the two interact with each other. The prevalence of anemia in pregnant women in the world is around 14% on average, in industrialized countries it is 56% and in developing countries it is between 35%-75%. Globally, 52% of pregnant women in developing countries experience anemia. In Indonesia, it was found that the incidence of anemia in the group of pregnant women was 48.9% with a proportion according to age, namely 84.6% of pregnant women aged 15-24 years, 33.7% of pregnant women aged 25-34 years, 33.6% of pregnant women aged 35-44 years and 24% of pregnant women aged 45-54 years (Risksedas, 2018). Anemia can be prevented by consuming balanced nutritious food with sufficient iron intake to meet the body's needs. Natural ingredients that can be used

as an alternative to treat anemia and are easy to obtain and cultivate also contain protein, vitamin C and iron. One non-pharmacological method or natural ingredient that can be used to increase Hb levels is red guava juice and honey. According to research (Agustina et al., 2020) that there is an effect of consuming red guava juice on hemoglobin levels in pregnant women at the Saketi Health Center, Pandeglang Regency, Banten Province in 2020. Red guava is very rich in vitamin C and several types of minerals which are able to ward off various types of illness and maintaining physical fitness.

**Purpose:** This community service is carried out with the aim of overcoming the priority problem at TPMB Aquirini, namely Anemia in Pregnant Women.

**Method:** The method used in this community service uses lecture, discussion and demonstration methods. Targeting pregnant women who are anemic Result: As a result of this community service, pregnant women understand and understand the counseling and complementary therapy "BUJIRAH MADU" which can be applied to treat anemia.

**Conclusion:** Based on the evaluation carried out after providing counseling and giving Bujirah Honey Juice during community service, the intervention provided went well and was effective with the result that pregnant women were able to answer questions and know how to prevent and manage anemia.

## Introduction

Anemia in pregnant women is a decrease in hemoglobin levels below 11'gr/dl, trimesters I and III or levels < 10.5 gr/dl in the second trimester, the consequences can be impairs the blood's capacity to transport oxygen throughout the body. Anemia is an indicator for poor nutrition and poor health. Anemia in the mother pregnancy is strongly associated with maternal and infant morbidity and mortality, including risk birth, prematurity, low birth weight babies. In pregnant women, anemia increases the frequency of complications in pregnancy and childbirth. Risk of death mother, low birth weight, prematurity rate, and mortality rate perinatal increases. Antepartum and postpartum hemorrhage are more common in women who are anemic and are more often fatal, because anemic women cannot blood loss occurs (Rukiyah & Yulianti, 2019).

World Health Organization WHO (World Health Organization) 40% of deaths mothers in developing countries are associated with anemia in pregnancy, mostly caused by iron deficiency and acute bleeding, it is not uncommon for the two to occur together interact. WHO estimates that 42% of children under 5 years of age and 40% Pregnant women around the world suffer from anemia (WHO, 2020). Based on WHO The prevalence of anemia in pregnant women in the world is around 14% on average, in industrialized countries it is 56% and in developing countries between 35%-75%. Globally, 52% of women are pregnant in developing countries suffer from anemia. This figure is greater in comparison with anemia rates in pregnant women in industrialized countries only amounting to 20% (Istiyati, 2019).

In Indonesia, it was found that the incidence of anemia in pregnant women is: amounting to 48.9% with a proportion according to age that is 84.6% of pregnant women aged 15-24 years, 33.7% of pregnant women aged 25-34 years, 33.6% of pregnant women aged 35-44 years and 24% in pregnant women aged 45-54 years (Riskesdas, 2018). Cases of anemia in pregnant women This is mostly caused by low iron intake in the body due to poor diet. Eating patterns are ways or behaviors that taken by a person or group of people in selecting and using materials food in daily food consumption which includes type of food, quantity food and frequency of eating based on socio-cultural factors where pregnant women live (Astriana, 2017).

Anemia can be prevented by consuming a balanced nutritious diet Adequate iron intake to meet the body's needs. Natural ingredients available used as an alternative to treat anemia and is easy to obtain as well Cultivated also contains protein, vitamin C, and iron. One of the ways non-pharmacological or natural ingredients that can be used to increase Hb levels namely with red guava juice and honey.

The research results according to (Febriyanti et al., 2023) show that guava contains quite high levels of vitamin C. Guava contains twice the vitamin C more than sweet oranges, only 49mg per 100g where vitamin C reduces Fe<sup>3</sup> into Fe<sup>2</sup> which can absorb iron so that it can increase HB levels. Giving Guava Juice can increase HB levels in pregnant women, where the content of the seed itself is one of the rich fruits of Vitamin C which can increase hemoglobin

levels. According to research (Agustina et al., 2020) that there is an effect of consuming red guava juice on Hemoglobin levels in pregnant women at the Saketi Community Health Center, Pandeglang Regency, Province Banten 2020. Red guava is very rich in vitamin C and several types of minerals which is able to ward off various types of diseases and maintain body fitness.

Honey is also a food that contains Vitamin C, Vitamin A, iron (Fe), and Vitamin B12 which function as blood cell formation red and Hemoglobin. Honey contains magnesium and iron, astringent content The iron in honey can increase the number of erythrocytes thereby increasing levels hemoglobin (Simatupang M, 2022). Research according to (Rianti et al., 2021), that There is a known effect of giving honey on the Hb levels of pregnant women in the third trimester that the average Hb before being given honey was 10.29 gr/dl, level Hb after the honey intervention was 12.08 gr/dl with a standard deviation of 0.78 So it can be concluded that there is an influence of giving honey on Hb levels before and after the honey intervention. According to research (Permatasari et al., 2023) that red guava juice (*Psidium Guajava*) and honey are more effective for increases hemoglobin levels in pregnant women in the third trimester compared to Fe alone.

Considering the large impact of the problem of anemia on pregnant women, we National University Class VII Midwife Profession Student at the Midwifery stage The community raises the problem of anemia in pregnant women according to the problem Health at TPMB Aquarini. Management of anemia problems in mothers pregnant as well as providing education about our anemia management as well implementing complementary midwifery care, namely giving red guava fruit juice and honey to increase Hb levels, then given the name "Jus Bujirah Honey".

## **Method**

### 1. Material

- a. Red Guava Fruit
- b. Honey
- c. Complementary therapy jargon stickers

2. Tools/Instruments
  - a. Left
  - b. Laptops
3. How it work
  - a. Prepare the tools and materials.
  - b. Wash the red guava
  - c. Clean the red guava skin
  - d. Guava fruit is cut into cubes
  - e. Blend guava fruit mixed with honey and boiled water then strain
  - f. The juice is ready to be enjoyed
4. Extensiona
  - a. Name of Activity : Red Guarantee Juice (Bujirah) Honey Increases Hb Levels
  - b. Venue : TPMB Bd. Aquarini
  - c. Time : Wednesday, April 22 2024
  - d. Target : Pregnant women with anemia
  - e. Activity Process: Carrying out information on red guava juice (BUJIRAH) honey to increase Hb levels using power points and leaflets (Causes, impacts, prevention methods, additional use of TTD, how to drink, side effects and how to overcome them)

## **Results**

1. The planning phase begins with an area orientation
  - a. Planning
  - b. Making activity permits
  - c. Secondary data collection
  - d. Focus Group Discussion (FGD)
  - e. Preparation of Action Plan (POA)

## 2. Intervention

Starting by providing counseling according to the ranking of problem priorities, where started by providing education about anemia to pregnant women and carried out distribution of the product "BUJIRAH HONEY JUICE" and joint consumption activities of the products provided share while the speaker explains how to make it and the benefits that can improve it HB levels in pregnant women and then a question and answer session and finally documentation session.

## 3. Evaluation

After the series of community service events have been completed, to find out whether the outreach and demonstrations carried out were effective and well received OK, then a proper question and answer session will be held. Pregnant women, cadre mothers and PKK mothers were present In this activity, people were very enthusiastic about asking questions related to the material presented, and the activity was ongoing smoothly according to plan and ended with a souvenir distribution session as a token of thanks. This community service runs smoothly, communicatively, participants actively answer and ask.





## Conclusion

Based on Community Service which was held at TPMB Aquirini on Wednesday 24 April 2024. The event ran smoothly with the presence of cross-sector parties starting from the Chair of RW 04 Kemanggisan and local cadres. Participants who were trimester pregnant women were also able to follow the material well, and participants were enthusiastic in asking questions and understanding the benefits of the red guava juice and honey product "BUJIRAH MADU" (Red guava juice and honey treats anemia in pregnant women).

## Acknowledgment

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## Conflict of Interest In

The community service that has been carried out, we did not encounter any obstacles either during community service or during the preparation of this paper. We as all writers worked well with each other in compiling this paper.

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