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Lembar Konsultasi/Bimbingan Skripsi

Nama : **Rini Dwi Wahyuni**

NPM : **215401446198**

Program Studi : **D4 Kebidanan**

Judul Skripsi : **Efektivitas Pemberian Telur Rebus Dan Buah Pepaya Terhadap Perubahan Kadar Hemoglobin Pada Ibu Hamil Di PMB Fitria Wulandari Bekasi Tahun 2022**

Dosen Pembimbing I : **Dr. Vivi Silawati, SST.,SKM.,MKM**

Dosen Pembimbing II : **Putri Azzahroh, SST., M.Kes**

Kegiatan Konsultasi

No.	Hari/ Tanggal	Materi Konsultasi	Saran Pembimbing	Tanda tangan Pembimbing
1.	18/10/2022	Pengajuan judul skripsi	Membuat judul untuk skripsi minimal 3 judul	Ibu Vivi
2.	18/10/2022	Pengajuan judul skripsi	mencari judul lain	Ibu putri
3.	2/11/2022	Pengajuan judul skripsi	mencari judul lain	Ibu putri
4.	9/11/2022	Pengajuan judul skripsi	jika ingin menggunakan judul tersebut ditambahkan intervensi	Ibu putri
5.	14/11/2022	Pengajuan judul skripsi	ACC judul dan lanjut membuat proposal Bab I - III	Ibu putri
6.	14/11/2022	Pengajuan judul skripsi	ACC judul	Ibu Vivi
7.	20/12/2022	konsul Bab I - III	Perbaikan bab 1-3	Ibu putri
8.	03/01/2023	konsul perbaikan Bab I - III	Perbaikan dan lanjut ambil data penelitian	Ibu putri
9.	11/1/2022	konsul Bab I - III	Perbaikan dan lanjut ambil data penelitian	Ibu Vivi

Lembar Konsultasi/Bimbingan Skripsi

Nama : **Rini Dwi Wahyuni**

NPM : **215401446198**

Program Studi : **D4 Kebidanan**

Judul Skripsi : **Efektivitas Pemberian Telur Rebus Dan Buah Pepaya Terhadap Perubahan Kadar Hemoglobin Pada Ibu Hamil Di PMB Fitria Wulandari Bekasi Tahun 2022**

Dosen Pembimbing I : **Dr. Vivi Silawati, SST.,SKM.,MKM**

Dosen Pembimbing II : **Putri Azzahroh, SST., M.Kes**

Kegiatan Konsultasi

No.	Hari/ Tanggal	Materi Konsultasi	Saran Pembimbing	Tanda tangan Pembimbing
1.	6/2/2023	konsul bab 4-5	perbaikan bab 4-5	Ibu putri
2.	6/2/2023	konsul bab 4-5	perbaikan bab 4-5	Ibu Vivi
3.	10/2/2023	konsul perbaikan bab 4-5 + manuskrip		ibu vivi
4.			Acc Sidang!	
5.				
6.				
7.				
8.				
9.				

UNIVERSITAS NASIONAL
FAKULTAS ILMU KESEHATAN

Jl. Harsono RM No. 1 Ragunan, Jakarta Selatan 12550, Telp. 27870882
Website: www.unas.ac.id; Email: fikes@civitas.unas.ac.id

Jakarta, 11 Januari 2023

Nomor : 078/D/SP/FIKES/I/2023
Lampiran : -
Perihal : **Izin Studi Pendahuluan dan Penelitian**

KepadaYth : Kepala PMB Fitria Wulandari, Amd.Keb.
Kp. Gebang RT 01/03 Desa Satria Jaya.

Dengan hormat,

Pimpinan Fakultas Ilmu Kesehatan Universitas Nasional Jakarta dengan ini menerangkan bahwa :

Nama	: Rini Dwi Wahyuni
NPM	: 215401446198
Program Studi	: Kebidanan Program Sarjana Terapan
No. Telepon/HP	: 081511952648

Mahasiswa tersebut bermaksud melakukan Studi Pendahuluan dan Penelitian yang diperlukan dalam rangka penulisan skripsi dengan judul : **Efektivitas Pemberian Telur Rebus Dan Buah Pepaya Terhadap Perubahan Kadar Hemoglobin Pada Ibu Hamil Di PMB Fitria Wulandari Tahun 2022.** Adapun sebagai pembimbing skripsi mahasiswa tersebut,yaitu :

Pembimbing 1 : Dr. Vivi Silawati, SST., SKM., MKM.
Pembimbing 2 : Putri Azzahroh., SST., M.kes.

Sehubungan dengan hal tersebut mohon kiranya Bapak/Ibu dapat memberikan bantuan.

Demikian surat ini kami sampaikan, atas perhatian dan kerjasamanya kami ucapkan terimakasih.

Dekan,

Dr. Retno Widowati, M.Si.

PRAKTIK MANDIRI BIDAN FITRIA WULANDARI Amd. Keb

Jl. Kp. Gebang RT 01/RW 03 Desa Satriajaya, Kec Tambun Utara, Kab . Bekasi, Jawa Barat 17510

Telp 081513175753

Bekasi, 17 Januari 2023

Lampiran : -

Perihal : Balasan Surat Izin Penelitian Dan Pengambilan Data

Kepada

Yth. Universitas Nasional

Fakultas Ilmu Kesehatan

Di Tempat

Dengan Hormat,

Menjawab dan menindaklanjuti surat dari Universitas Nasional Fakultas Ilmu Kesehatan dengan Nomor 078/D/SP/FIKES/I/2023 tentang surat izin penelitian dan pengambilan data di PMB Fitria Wulandari Amd. Keb. Maka berdasarkan hal tersebut diatas dengan ini kami memberikan izin penelitian dan siap membantu dalam proses pengambilan data kepada mahasiswa tersebut dibawah ini :

Nama	: Rini Dwi Wahyuni
NPM	: 215401446198
Program Studi	: Kebidanan Program Sarjana Terapan
Judul	: Efektivitas Pemberian Telur Rebusa dan Buah Pepaya Terhadap Kadar Hemoglobin Pada Ibu Hamil Di PMB Fitria Wulandari Amd. Keb Bekasi Tahun 2022.

Demikian kami sampaikan surat ini agar digunakan sebagaimana mestinya.

Bekasi, 17 Januari 2023

Hormat Saya

BIDAN FITRIA WULANDARI Amd. Keb
SIPB NO : 503/0548 / DPMPTSP/2022
KABUPATEN BEKASI
Jl. Gebang RT. 01/03 Desa Satria Jaya Kec. Tambun Utara

Bidan Fitria Wulandari Amd. Keb

Fakultas Kesehatan Masyarakat
Universitas Muhammadiyah Jakarta
Jalan KH. Ahmad Dahlan, Cirendeu. Ciputat, Tangerang Selatan
https://etik-fkm.umj.ac.id/

KETERANGAN LAYAK ETIK
DESCRIPTION OF ETHICAL EXEMPTION
"ETHICAL EXEMPTION"

No.10.039.B/KEPK-FKMUMJ/I/2023

Protokol penelitian versi 1 yang diusulkan oleh :
The research protocol proposed by

Peneliti utama : Rini Dwi Wahyuni,Amd.Keb
Principal In Investigator

Nama Institusi : UNIVERSITAS NASIONAL
Name of the Institution

Dengan judul:
Title

"EFEKTIVITAS PEMBERIAN TELUR REBUS DAN BUAH PEPAYA TERHADAP PERUBAHAN KADAR HEMOGLOBIN PADA IBU HAMIL DI PMB FITRIA WULANDARI BEKASI TAHUN 2022"

"EFFECTIVENESS OF GIVING EGG AND PAPAYA FRUIT ON CHANGES IN HEMOGLOBIN LEVELS IN PREGNANT WOMEN AT PMB FITRIA WULANDARI BEKASI, 2022"

Dinyatakan layak etik sesuai 7 (tujuh) Standar WHO 2011, yaitu 1) Nilai Sosial, 2) Nilai Ilmiah, 3) Pemerataan Beban dan Manfaat, 4) Risiko, 5) Bujukan/Eksploitasi, 6) Kerahasiaan dan Privacy, dan 7) Persetujuan Setelah Penjelasan, yang merujuk pada Pedoman CIOMS 2016. Hal ini seperti yang ditunjukkan oleh terpenuhinya indikator setiap standar.

Declared to be ethically appropriate in accordance to 7 (seven) WHO 2011 Standards, 1) Social Values, 2) Scientific Values, 3) Equitable Assessment and Benefits, 4) Risks, 5) Persuasion/Exploitation, 6) Confidentiality and Privacy, and 7) Informed Concent, referring to the 2016 CIOMS Guidelines. This is as indicated by the fulfillment of the indicators of each standard.

Pernyataan Laik Etik ini berlaku selama kurun waktu tanggal 16 Januari 2023 sampai dengan tanggal 16 Januari 2024.

This declaration of ethics applies during the period January 16, 2023 until January 16, 2024.

January 16, 2023
Professor and Chairperson,

Nurmalia Lusida, SKM, MKM

Anggota Peneliti : Rini Dwi Wahyuni,Amd.Keb

INTERNATIONAL JOURNAL OF MIDWIFERY AND HEALTH SCIENCES

Email: editorialijmhs@gmail.com Webpage https://journal.tulipmedika.org/

Subject :
No. : 005/IJMHS/RTM/TMN/II/2023
Attachment : 1 (one) page
: Conditional LoA (Letter of Acceptance)

Dear,
Mr/Mrs/Miss
Rini Dwi Wahyuni, Vivi Silawati, Putri Azzahroh

Based on your article submitted to the editor of the International Journal of Midwifery and Health Sciences with the title:

THE EFFECTIVENESS OF GIVING BOILED EGGS AND PAPAYA FRUIT AGAINST CHANGES IN HEMOGLOBIN LEVELS IN PREGNANT WOMEN AT PMB F BEKASI

We hereby inform you that the results of the evaluation by the editorial team and reviewers decided that your article deserved to be published in the International Journal of Midwifery and Health Sciences after you re-submitted the results of your review to the journal's website. Your article will be published in Vol. 1 No.1 (2023) in next March.

Thank you for submitting your article to our journal. We wish you all possible success in the future.

Jakarta, February 11th 2023

Editor in Chief

Shinta Novelia, S.ST., Bdn., MNS.

STANDAR OPERASIONAL PROSEDUR (SOP)		
PEMBERIAN TELUR AYAM REBUS		
1	Pengertian	Telur merupakan bahan makanan yang bernilai gizi tinggi, hal ini di tandai dengan rendahnya zat yang tidak dapat dicerna atau diserap setelah di konsumsi oleh tubuh manusia
2	Tujuan	Mempengaruhi kadar Hb
3	Indikasi	Ibu hamil dengan anemia
4	Prosedur	A. Persiapan Pasien 1. Menyapa dan mengucapkan salam kepada pasien 2. Menjelaskan tujuan dan prosedur pemberian telur ayam rebus B. Aturan Konsumsi 1. Memberi responden telur ayam rebus sebanyak 1 butir setiap hari selama 7 hari . 2. Memasktikan responden mengkonsumsi telur ayam rebus.
5	Evaluasi	1. Menanyakan kepada responden tentang seberapa paham dan mengerti tujuan prosedur pemberian telur ayam rebus 2. Menanyakan kepada responden adakah keluhan setelah mengkonsumsi telur ayam rebus 3. Simpulkan hasil kegiatan

STANDAR OPERASIONAL PROSEDUR (SOP)		
PEMBERIAN BUAH PEPAYA CALIFORNIA		
1	Pengertian	Buah pepaya merupakan buah yang digemari semua kalangan masyarakat, terutama dikonsumsi sebagai buah segar.
2	Tujuan	Mempengaruhi kadar Hb
3	Indikasi	Ibu hamil dengan anemia
4	Prosedur	A. Persiapan Pasien 1. Menyapa dan mengucapkan salam kepada pasien 2. Menjelaskan tujuan dan prosedur pemberian buah pepaya B. Aturan Konsumsi 1. Memberi responden buah pepaya sebanyak 200 gram setiap hari selama 7 hari . 2. Memasktikan responden mengkonsumsi buah pepaya
5	Evaluasi	1. Menanyakan kepada responden tentang seberapa paham dan mengerti tujuan prosedur pemberian buah pepaya 2. Menanyakan kepada responden adakah keluhan setelah mengkonsumsi buah pepaya 3. Simpulkan hasil kegiatan

STANDAR OPERASIONAL PROSEDUR (SOP)		
PEMERIKSAAN KADAR HEMOGLOBIN MENGGUNAKAN EASY TOUCH		
1	Tujuan	Untuk mengetahui kadar haemoglobin seseorang
2	Alat dan Bahan	1. Kapas Alkohol 2. Lancet steril 3. Stik haemoglobin 4. Easy touch GCHB 5. Handscoon
3	Langkah -langkah Prosedur	1. Memberitahukan responden akan dilakukan pengukuran kadar haemoglobin 2. Pakai handscoon 3. Masukkan strip haemoglobin pada alat dan pastikan kode strip sama dengan stik 4. Tusuk jari responden yang sudah di desinfeksi alcohol 70 % menggunakan lancet steril 5. Teteskan darah pada strip dan tunggu hasil keluar
5	Evaluasi	Kadar Hb yang diukur menggunakan alat Hb (gr/dL)

LEMBAR OBSERVASI KADAR HEMOGLOBIN

Identitas Responden

Nama :
Usia :
Alamat :
Usia Kehamilan :

komponen Obesrvasi	Kadar Hb Sebelum Intervensi	Intervensi							Kadar Hb Post Intervensi
		Hari Ke -1	Hari Ke -2	Hari Ke -3	Hari Ke -4	Hari Ke -5	Hari Ke -6	Hari Ke -7	
kadar Hemoglobin									

(INFORMED CONSENT)

FORMAT PERSETUJUAN MENGIKUTI PENELITIAN

Jika saudari bersedia ikut serta dalam penelitian ini, silahkan isi data dibawah ini :

Nama :

Umur :

Alamat :

Setelah mendapatkan penjelasan dari peneliti tentang penelitian " EFEKTIVITAS PEMBERIAN TELUR REBUS DAN BUAH PEPAYA TERHADAP PERUBAHAN KADAR HEMOGLOBIN PADA IBU HAMIL" Maka dengan ini saya secara sukarela dan tanpa paksaan bersedia ikut serta dalam penelitian tersebut.

Bekasi……20

Mengetahui

Penanggung Jawab Penelitian Responden

Rini Dwi Wahyuni (…….)

kelompok Intervensi						
No	Nama	Usia	Hamil ke	Usia Kehamilan	Hb Pre Intervensi	Hb Post Intervensi
1	Ny. R	30	2	10 Minggu	10.9	11.2
2	Ny. D	25	1	5 Minggu	10.5	10.5
3	Ny. Sa	31	1	25 Minggu	10.7	11.1
4	Ny.E	27	1	30 Minggu	9.8	10.7
5	Ny. Ru	35	3	17 Minggu	10.6	11.3
6	Ny. K	26	1	12 Minggu	11	11.9
7	Ny.Nu	29	2	32 Minggu	10.2	11
8	Ny.I	36	2	26 Minggu	10.8	11.8
9	Ny. Ti	32	3	19 Minggu	10.6	11.5
10	Ny. ER	36	2	22 Minggu	10.9	12.1
11	Ny. RA	24	1	14 Minggu	9.5	10.6
12	Ny.L	21	1	27 Minggu	10.3	10.4
13	Ny. V	29	2	18 Minggu	10	11,2
14	Ny. SD	33	3	31 Minggu	10.9	12.3
15	Ny. WI	28	2	24 Minggu	10.4	12.1

kelompok Kontrol						
No	Nama	Usia	Hamil Ke	Usia Kehamilan	Hb Pre Intervensi	Hb Post Intervensi
1	Ny. V	31	1	28 Minggu	11	11.3
2	Ny. El	23	1	16 Minggu	10.3	10.3
3	Ny. RD	29	2	20 Minggu	10.6	10.2
4	Ny.SR	26	1	18 Minggu	11	11.5
5	Ny.TH	30	2	30 Minggu	10.8	10.8
6	Ny.IF	31	1	19 Minggu	11	10.7
7	Ny. TA	33	2	22 Minggu	10.5	11
8	Ny.EF	28	1	28 Minggu	10.9	11.2
9	Ny.NA	35	3	12 Minggu	10.4	10.4
10	Ny. DA	37	2	24 Minggu	11	10.8
11	Ny.SG	25	1	27 Minggu	10.7	11
12	Ny. RP	29	2	31 Minggu	10	10.2
13	Ny.DM	34	3	16 Minggu	10.6	10.4
14	Ny.MS	32	2	26 Minggu	10.8	11.1
15	Ny.MJ	25	2	29 Minggu	10.7	10.7

Nores	Pre	Post	Usia	Paritas	UsiaKehamilan	Ukehamilan	Umur
1	10.9	11.2	30	2	10	1	2
2	10.5	10.5	25	1	5	1	2
3	10.7	11.1	31	1	25	2	2
4	9.8	10.7	27	1	30	3	2
5	10.6	11.3	35	3	17	2	2
6	11.0	11.9	26	1	12	1	2
7	10.2	11.0	29	2	32	3	2
8	10.8	11.8	36	2	26	2	3
9	10.6	11.5	32	3	19	2	2
10	10.9	12.1	36	2	22	2	3
11	9.5	10.6	24	1	14	2	2
12	10.3	10.4	21	1	27	2	2
13	10.0	11.2	29	2	18	2	2
14	10.9	12.3	33	3	31	3	2
15	10.4	12.1	28	2	24	2	2
16	**11.0**	**11.3**	**31**	**1**	**28**	**3**	**2**
17	10.3	10.3	23	1	16	2	2
18	10.6	10.2	29	2	20	2	2
19	11.0	11.5	26	1	18	2	2
20	10.8	10.8	30	2	30	3	2
21	11.0	10.7	31	1	19	2	2
22	10.5	11.0	33	2	22	2	2
23	10.9	11.2	28	1	28	3	2
24	10.4	10.4	35	3	12	1	2
25	11.0	10.8	37	2	24	2	3
26	10.7	11.0	25	1	27	2	2
27	10.0	10.2	29	2	31	3	2
28	10.6	10.4	34	3	16	2	2
29	10.8	11.1	32	2	26	2	2
30	10.7	10.7	25	2	29	3	2

Lampiran 10 HasilOutput SPSS

HASIL OUTPUT SPSS

Case Processing Summary

		Cases					
		Valid		Missing		Total	
	KELOMPOK	N	Percent	N	Percent	N	Percent
HASIL	PRETEST EKSPERIMEN	15	100.0%	0	0.0%	15	100.0%
	POSTTEST EKSPERIMEN	15	100.0%	0	0.0%	15	100.0%
	PRESTEST KONTROL	15	100.0%	0	0.0%	15	100.0%
	POSTTEST KONTROL	15	100.0%	0	0.0%	15	100.0%

Descriptives

	KELOMPOK		Statistic	Std. Error
HASIL	PRETEST EKSPERIMEN	Mean	10.473	.1144
		95% Confidence Interval for Mean — Lower Bound	10.228	
		95% Confidence Interval for Mean — Upper Bound	10.719	
		5% Trimmed Mean	10.498	
		Median	10.600	
		Variance	.196	
		Std. Deviation	.4431	
		Minimum	9.5	
		Maximum	11.0	
		Range	1.5	
		Interquartile Range	.7	
		Skewness	-.881	.580
		Kurtosis	.079	1.121
	POSTTEST EKSPERIMEN	Mean	10.687	.0761
		95% Confidence Interval for Mean — Lower Bound	10.523	
		95% Confidence Interval for Mean — Upper Bound	10.850	
		5% Trimmed Mean	10.707	
		Median	10.700	
		Variance	.087	
		Std. Deviation	.2949	
		Minimum	10.2	

		Maximum	11.3	
		Range	1.0	
		Interquartile Range	.5	
		Skewness	-.891	.580
		Kurtosis	.500	1.121
	PRESTEST KONTROL	Mean	11.313	.1600
		95% Confidence Interval for Mean	Lower Bound	10.970
			Upper Bound	11.657
		5% Trimmed Mean	11.309	
		Median	11.200	
		Variance	.384	
		Std. Deviation	.6198	
		Minimum	10.4	
		Maximum	12.3	
		Range	1.9	
		Interquartile Range	1.2	
		Skewness	.111	.580
		Kurtosis	-1.210	1.121
	POSTTEST KONTROL	Mean	10.773	.1062
		95% Confidence Interval for Mean	Lower Bound	10.546
			Upper Bound	11.001
		5% Trimmed Mean	10.765	
		Median	10.800	
		Variance	.169	
		Std. Deviation	.4114	
		Minimum	10.0	
		Maximum	10.5	
		Range	1.3	
		Interquartile Range	.7	
		Skewness	.092	.580
		Kurtosis	-1.042	1.121

UJI NORMALITAS

Tests of Normality

KELOMPOK		Kolmogorov-Smirnov[a]			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
HASIL	PRETEST EKSPERIMEN	.146	15	.200*	.920	15	.194
	POSTTEST EKSPERIMEN	.144	15	.200*	.910	15	.136
	PRESTEST KONTROL	.117	15	.200*	.945	15	.456
	POSTTEST KONTROL	.151	15	.200*	.951	15	.542

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

PAIRED T TEST

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	PRETEST EKSPERIMEN	10.473	15	.4431	.1144
	POSTTEST EKSPERIMEN	11.313	15	.6198	.1600
Pair 2	PRETEST KONTROL	10.687	15	.2949	.0761
	POSTTEST KONTROL	10.773	15	.4114	.1062

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	PRETEST EKSPERIMEN & POSTTEST EKSPERIMEN	15	.644	.010
Pair 2	PRETEST KONTROL & POSTTEST KONTROL	15	.727	.002

Paired Samples Test

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	PRETEST EKSPERIMEN - POSTTEST EKSPERIMEN	-.8400	.4763	.1230	-1.1038	-.5762	-6.830	14	.000
Pair 2	PRETEST KONTROL - POSTTEST KONTROL	-.0867	.2825	.0729	-.2431	.0698	-1.188	14	.255

UJI INDEPENDEN T TEST

Group Statistics

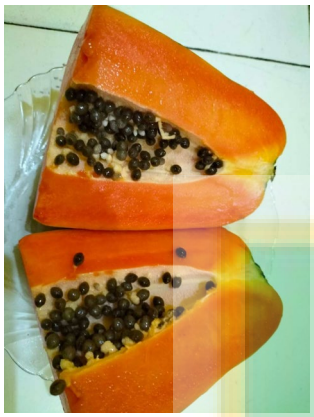
	KELOMPOK	N	Mean	Std. Deviation	Std. Error Mean
HASIL	POSTTEST EKSPERIMEN	15	11.313	.6198	.1600
	POSTTEST KONTROL	15	10.773	.4114	.1062

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
HASIL	Equal variances assumed	2.936	.098	2.812	28	.009	.5400	.1921	.1466	.9334
	Equal variances not assumed			2.812	24.331	.010	.5400	.1921	.1439	.9361

Lampiran 11 Bukti Foto Penelitian

DOKUMENTASI PENELITIAN



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Pengembangan karir yang pernah diikuti :

1. Peserta pelatihan "Massage Virtual Class " pada tanggal 22 Januari 2022 – 5 Februari 2022
2. Peserta pelatihan " Komplementer, Mom & Baby Treatment dan Kewirausahaan " pada tanggal 20 – 21 Desember 2022
3. Peserta Webinar dengan Materi "Transformasi Layanan Praktik Mandiri Bidan di Era Society 5.0 " pada tanggal 29 Oktober 2022

4. Peserta Webinar dengan Materi “ Nifas Sehat dan Berkualitas “ pada tanggal 30 Oktober 2022
5. Peserta Webinar dengan Materi “Manajemen Pola Pikir Masyarakat Dalam Hal Pencegahan, Penanganan dan Pengobatan Pasien Covid – 19” pada tanggal 19 Mei 2020
6. Peserta Webinar dengan materi “ Tetap Sehat di Era AKB (Adaptasi Kebiasaan Baru)” pada tanggal 07 Agustus 2020
7. Peserta Webinar dengan materi “ Empowering Women In New Normal Covid -19 “ pada tanggal 1 Juli 2020

THE EFFECTIVENESS OF GIVING BOILED EGGS AND PAPAYA FRUIT AGAINST CHANGES IN HEMOGLOBIN LEVELS IN PREGNANT WOMEN AT PMB F BEKASI

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Abstrack

Background: Anemia in pregnant women is categorized as a global health problem. One of the factors for the high maternal mortality rate is the existence of high-risk pregnancies, diseases that are included in high-risk pregnancies, including anemia. The impact of anemia on pregnant women can cause obstacles to the growth of the fetus, both body cells and brain cells, abortion, prolonged labor due to lack of uterine thrust, bleeding, and infection.
Objective: To determine the effectiveness of boiled eggs and papaya fruit on changes in hemoglobin levels in pregnant women at PMB Fitria Wulandari, Bekasi in 2023.
Methodology: This study used a quasi-experimental pretest-posttest control group design. The research sample consisted of 30 respondents consisting of 15 people in the intervention group and 15 people in the control group. Sampling was done by using total sampling.
Results: The average hemoglobin level of the control group before administration of Fe tablets was 10.687 gr/dl and after consuming Fe tablets was 10.773 gr/dl. While the average hemoglobin level in the intervention group before being given FE plus boiled eggs and papaya fruit was 10.473 gr/dl and after consuming Fe tablets plus boiled eggs and papaya fruit was 11,313 gr/dl. The statistical test results obtained p value: 0.000.
Conclusions and suggestions: There is an effectiveness in changing hemoglobin levels in pregnant women after consuming boiled eggs and papaya fruit at PMB Fitria Bekasi in 2023. Pregnant women can use eggs and papaya fruit as an alternative option to help increase hemoglobin levels.

Keywords: anemia, boiled eggs and papaya fruit, hemoglobin levels, fe tablets
References: 32 (2010 – 2022)

Introduction

Hemoglobin is a protein in red blood cells that functions to transport oxygen from the lungs throughout the body. A decrease in the level of hemoglobin in the blood is called anemia. Anemia is caused by many factors including bleeding, low nutrition, iron levels, folic acid, low vitamin B12. The symptoms are weak body, lethargy of firefly eyes and pallor, especially in the conjunctiva, while the increase in hemoglobin levels in the blood is called polycytemi [1].

The prevalence of anemia globally occurred in 204 countries from 1990 – 2019. Based on data from the World Health Organization (WHO), anemia in pregnant women is categorized as a global health problem with a prevalence of 29.6% in 2018, where in Indonesia itself the latest data from Riskesdas 2018 which states that 48.9% of pregnant women experience anemia. As many as 84.6% of anemia in pregnant women occurs in the age group of 15-24 years.[2]

One of the factors for the high mortality rate of childbirth is the existence of high-risk pregnancies, namely, pregnancies that are accompanied by diseases or conditions that can have a bad impact on the mother or the fetus. The diseases included in high-risk pregnancy include anemia, hypertension, heart disease and diabetes.[3]

Anemia in pregnant women is generally caused by physiological changes during pregnancy and is aggravated by malnutrition. This happens because of the increasing need for iron to supply the fetus and placenta, in order to enlarge tissues and the period of red blood cells.

The treatment and prevention of anemia can be done by consuming foods that contain vitamins and minerals that support the formation of red blood cells as prevention, fortification of foodstuffs with iron, and iron supplementation. The mother's iron requirement during pregnancy is 800 mg of iron including 300 mg for the placental fetus and 500 mg for the increase of maternal erythrocytes, for that pregnant women need 2-3 mg of iron every day.[4] Consume diverse foods rich in iron, folate, vitamin B12, and

vitamin C such as those found in the liver, meat, nuts, dark green vegetables, fruits, etc.

Iron in food can take the form of heme and nonheme. Heme iron is iron that binds to proteins, widely found in animal foods such as meat, poultry, and fish. Nonheme iron is commonly found in herbs such as cereals, nuts, vegetables, and fruits. Heme iron is absorbed by 20-30%, while nonheme iron is only absorbed by 1-6%. The results of a study showed that as much as 37% of heme substances and 5% of nonheme substances present in the diet can be absorbed and increased by the intake of vitamin C.[5]

Based on preliminary observations on November 13, 2022 at PMB Fitria Wulandari Bekasi, the number of pregnant women in the 1st – third trimester in the last 3 months was 84 pregnant women. Data obtained as many as 50% of pregnant women experience mild to severe anemia. Based on this description, researchers are interested in researching "The Effectiveness of Giving Boiled Eggs and Papaya Fruit against Changes in Hemoglobin in Pregnant Women at PMB Fitria Wulandari Bekasi in 2023".

Method

1. Research design

The type of research used in this study is a quasi-experimental type of research . The research design used is Pretest-Postest Control Group Design. This design can involve more than two groups although the basic design involves only two groups. Both groups were observed at the beginning and end of treatment [6].

2. Settings and samples

The study was conducted in January 2023 at PMB Fitria Wulandari. The population in this study was all hami mothers who conducted examinations at PMB Fitria Wulandari which amounted to 84 people and obtained a total sample of 30 people who had met the inclusion and exclusion criteria with the total sampling technique.

3. Measurement and data collection

The research instrument used in this study was in the form of an observation sheet on hemoglobin levels in pregnant women using digital hb. The assessment of both groups of respondents was carried out before and after the treatment. Standard Operating Procedure (SOP) for making boiled eggs and papaya fruit, namely chicken eggs boiled until ripe and for papaya fruit, papaya fruit is peeled off the skin and then washed thoroughly and cut

into pieces after that the papaya fruit is weighed with a weight of 200 grams. The method of consumption is 1 boiled egg and papaya fruit consumed in the morning with a consumption distance of 15 minutes.

4. *Data analysis*

Data analysis using SPSS (Statistical Package for the Social Sciences) software with tests using independent statistical t-tests with p Value 0.000 < 0.05 which means that statistical tests show an influence on the intervention group given the treatment.

Result

Based on the results of data analysis in this study, the following results are known:

Table 1 Hemoglobin Levels Before Intervention

Hemoglobin Levels	N	Mean	SD	Min	Max
Intervention	15	10,473	0,4431	9,5	11,0
Control	15	10,687	0,2949	10,4	12,3

Based on table 1, the average value of hemoglobin levels before being given intervention in the intervention group with a total of 15 respondents had a mean value of 10.473 with a standard deviation of 0.4431 while the average value of hemoglobin levels in the control group with the number of 15 repsondens had a mean value of 10.687 with a standard deviation of 0.2949. From the two data, there is no difference in the average value which is very different because in the two groups both have not been given treatment and monitoring.

Table 2 Hemoglobin Levels After Intervention

Hemoglobin Levels	N	*Mean*	SD	Min	Max
Intervention	15	11,313	0,6198	10,2	11,3
Control	15	10,773	0,4114	10,0	10,5

Based on table 2, the average value of hemoglobin levels after being given intrevention in the intervention group with a total of 15 respondents had a mean value of 11.313 with a standard deviation of 0.6198 while the average value of hemoglobin levels in the control group with the number of 15 repsondens had a mean value of 10.773 with a standard deviation of 0.4114. Thus, the monitoring results of the two groups showed the effectiveness of giving boiled eggs and papaya fruit in the intervention group (treatment group)

Table 3
Effectiveness of Giving Boiled Eggs and Papaya Fruit against Changes in Hemoglobin Levels in Pregnant Women

Group	Hemoglobin Levels	N	*Mean*	Std. deviasi	Sig. (2-tailed)
Intervention	Before	15	10,473	0,4431	0,000
	After	15	11,313	0,6198	
Control	Before	15	10,687	0,2949	0,255
	After	15	10,773	0,4114	

Based on the data above, the results of pretest analysis were obtained in the intervention group with a total of 15 respondents having a mean value of 10.473 with a Standard deviation value of 0.4431, while in the control group with a total of 15 respondents, a mean value of 10.687 was obtained with a standard deviation value of 0.2949 and the results of the analysis in the posttest were obtained a mean value in the intervention group of 11.313 with a standard deviation value of 0.6198, while the mean value in the control group was 10.773 with a standard deviation value of 0.4114.

The results of the paired t-test analysis can be concluded that the value of significant values in the intervention group obtained a p-value of 0.000 ($p < 0.05$) which

means that there is effectiveness in giving boiled eggs and papaya fruit against changes in hemoglobin levels in pregnant women.

Table 4
Average Difference in Hemoglobin Levels of Intervention Group and Control Group

Variable	Group	N	*Mean*	Sig. (2-tailed)
Hemoglobin Levels	Intervention	15	11,313	0,009
	Control		10,773	

Based on table 5 after an independent T-test obtained the results of the difference in the average hemoglobin level in the intervention group of 11,313 while the results of the analysis from the control group obtained the average result of changes in hemoglobin levels of 10.773 with a p-value of 0.009 < 0.05 so that Ho was rejected and H1 was accepted, it can be concluded that there was a difference after the intervention between the intervention group and the control group. Because there is a significant difference, it can be said that there is an effectiveness in giving boiled eggs and papaya fruit against changes in hemoglobin levels in pregnant women

Discussion

1. Hemoglobin levels before the intervention

Based on the results, it was found that the intervention group had an average hemoglobin value of 10.473 gr / dL with a standard deviation value of 0.4431, while in the control group an average value of 10.687 gr / dL was obtained with a standard deviation value of 0.2949. The most common anemia experienced by pregnant women is anemia due to iron deficiency. This is not surprising because protein deficiency leads to reduced hemoglobin formation and red blood cell formation. Anemia in pregnancy is defined as a mother with Hb levels <11.0 gr / dl [7.]

The impact of anemia during pregnancy for the mother can cause abortion, premature delivery, inhibition of fetal growth and development in the womb, increased risk of infection, threat of cardiac decompensation if Hb is less than 6.0 g / DL, mola hidatidosa,

hyperemesis gravidarum, antepartum bleeding, or premature rupture, while the impact of anemia on the fetus can occur abortus, low birth weight and low infant intelligence levels[8].

One way to prevent anemia or increase Hb levels for pregnant women is to consume foods that are high in iron and rich in vitamin C such as chicken eggs and fruits. The nutritional content of eggs is rich in high-grade protein. The average protein content of eggs is 12-16% or about 7-8 grams of protein in one fairly large egg[9].

2. Hemoglobin levels after intervention

The results of the study in the intervention group had an average hemoglobin value of 11.313 gr / dL with a standard deviation value of 0.6198, while in the examination of hemoglobin levels of the control group obtained an average value of 10.773 gr / dL with a standard deviation value of 0.4114, which means that there is an increase in Hemoglobin levels in pregnant women after the intervention of papaya fruit and boiled eggs for 7 days.

In line with the study (Dsouza et al., 2021) in India where 30 people with iron deficiency anemia were selected to consume papaya twice a day and the results were obtained there was an increase in Hb values of 0.6 gm / dl and 0.4 gm / dl and the researcher concluded that papaya fruit was proven to be more efficient in the treatment of iron deficiency anemia [10]. As for other research on the benefits of papaya fruit conducted by (Yati et al., 2020) [11].

Also supported by research (Lutfiasari & Yanuaringsih, Galuh Pradian, 2020) shows that pregnant women who consume boiled eggs have hemoglobin levels before treatment on average 9.21 gr% and hemoglobin levels after treatment are 10.99 gr%. The results of the statistical test obtained a p value of 0.001 where the p value < 0.05 so that there is an influence of purebred chicken egg consumption on the hemoglobin levels of pregnant women [12].

3. Effectiveness of Giving Boiled Eggs and Papaya Fruit Against Changes in Hemoglobin Levels

The results of the analysis based on the paired t-test showed that the average nilsi after intervention in the intervention group was 11.313 with a standard deviation value of 0.6198. When viewed from the results of these statistical calculations, the average

respondent is in the category of normal hemoglobin levels. Normal chemoglobin levels in pregnant women are not < 11.

Meanwhile, the average in the control group that was not treated had an average value of 10.687 with a deviation standard of 0.2949 and these results were seen from the statistical results, the average respondent was in the category of mild anemia..

Based on the analysis in the intervention group, sig results were obtained. 0.000 < 0.05 so that it can be concluded that there is an effectiveness of giving boiled eggs and papaya fruit against changes in hemoglobin levels in pregnant women. This is in line with research conducted by (Vera Iriani, 2022) in the Taminabuan Health Center Working Area, Sorong Regency, where based on the results of the analysis of statistical test results using an independent t-test, a Sig value was obtained. (2-tailed) of 0.006 is smaller than the alpha value of 0.05 ($p < \alpha$ 0.05), then according to the basis of decision making with the test results, it means that there is a significant difference between papaya fruit and boiled eggs against the increase in levels hemoglobin [9].

Anemia is a medical condition in which the number of red blood cells or hemoglobin is less than normal. Anemia is mostly caused by iron deficiency.

There are many ways that can be done in reducing the incidence of anemia in pregnant women, one of which is by taking Fe tablets, or by eating additional foods that contain vitamin C such as papaya fruit and boiled eggs.

In research (Vera Iriani, 2022) where Vitamin C itself plays an important role in the process of iron absorption, namely by converting ferrous iron (Fe3 +) into ferrous (F2 +) in the intestine so that it is easily absorbed [9].

While the nutritional content of boiled chicken eggs is rich in high-grade animal protein. Boiled eggs also contain very important and quite high substances, namely iron 6.5 mg, the iron content of chicken eggs is 6.5 mg in whole eggs, 0.2 mg in egg whites and 6.3 mg in egg yolks. The zinc content in chicken eggs is 6.0 mg of whole eggs and 0.2 mg of egg yolks and egg whites of 5.8 mg and the content of selenium substances in chicken eggs is 5.8 mg of whole eggs, 1.6 mg of egg whites and 4.2 mg of egg yolks [13].

Research Limitations

In the implementation of this study, there were several limitations and obstacles

experienced by researchers, namely requiring a longer time, requiring complete experimental equipment and finding research respondents for quite a long time because respondents had to get interventions, namely boiled eggs and papaya fruit.

Conclusion

There is an effectiveness of giving boiled eggs and papaya fruit against changes in hemoglobin levels in pregnant women at PMB Fitria Wulandari Bekasi in 2023, with an Independent t test obtained a p value of 0.000 (< 0.05).

It is recommended that pregnant women can consume boiled eggs and papaya fruit as another option to be able to help increase hemoglobin levels in addition to consuming Fe tablets.

Ethical Approval

The study has gone through a review from the ethics commission.

Acknowledgments

Thanks to all parties involved.

Conflict of Interest

No conflict of interest.

Author's contribution

AHP Compiles and designs research, conducts analysis and interprets data and Compiles the draft manuscript. AHP, PA and VS are involved in the analysis, interpretation of data. PA and VS critically reviewed the manuscript. All authors read and agree on the final manuscript.

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by Rini Dwi Wahyuni 2

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