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# THE EFFECT OF RED SPINNING VEGETABLES ON HEMOGLOBIN LEVELS OF HEMOGLOBIN POSITION IN PONCOKUSUMO

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Article Info

#### Received:

Maret XX, 20XX

#### Revised:

April XX, 2020

## Accepted:

Mei XX, 20XX

# Available Online:

Juni XX, 20XX

#### Abstract

p-ISSN: 2089-6778

e-ISSN: 2549-

Anemia in the puerperium is a continuation of anemia suffered during pregnancy, which causes many complaints for mothers and reduces work presentations, both in daily homework and in caring for babies. Data from the 2012 Household Health Survey (SKRT) states that the prevalence of anemia in children under fix is 40.5%, pregnant women is 50.5%, postpartum women is 45.1. The purpose of this study was to determine the effect of red spinach on hemoglobin levels in postpartum mothers in Poncokusumo District, Malang Regency. The design of this study was a quasi-experimental design using the one group pretest posttest design research using an accidental sampling technique of 30 people. The data used are primary and secondary data. The data were analyzed using the paired t test analysis. Results: From the results of the research with the statistical test results, the Asym sig (2-tailed) value of 0.000 is less than 0.05, it can be concluded that there is an effect of red spinach on increasing hemoglobin levels in postpartum mothers in Poncokusumo District, Malang Regency It is hoped that it can activate postpartum mothers by collaborating with local midwives to encourage postpartum mothers to consume red spinach every day or other foods that can increase hemoglobin levels.

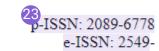
**Keywords:** Red Spinach Vegetable, Increased Hemoglobin Level, Postpartum Mother

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#### 1. Introduction

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Anemia is a medical term used to describe the condition of the body that has low hemoglobin levels. Hemoglobin is a carrier of oxygen and carbon dioxide which is very important for the function of the body's cells as a whole. Hemoglobin is found in red blood cells, so hemoglobin levels are also related to the number and levels of red blood cells. In conditions of anemia, red blood cells are unable to carry oxygen in sufficient quantities because they have low hemoglobin, so the body will tire easily

Data from the 2012 Household Health Survey (SKRT) states that the prevalence of anemia in children under five is 40.5%, pregnant women is 50.5%, postpartum women is 45.1.2 The effect of anemia during the puerperium is the occurrence of uterine subinvolution which is one of the causes The emergence of post partum bleeding, facilitates puerperal infection, reduced production. 3 According to Arisman (2014) iron reserves in the body of pregnant women will be depleted at the end of pregnancy. To keep this stock from being depleted and to prevent shortages, pregnant women are recommended to consume a supplement of 30-60 mg, starting from the 12th week of pregnancy which is continued until 3 months post partum, it needs to be given every day 4.

Anemia in the puerperium is a continuation of anemia suffered during pregnancy, which causes many complaints for mothers and reduces work presentations, both in daily homework and in caring for babies5. Anemia in puerperal (post-partum) women is also common in around 10% (Ministry of Nutrition and Public Health, 2013). Factors that influence anemia during the puerperium are labor with bleeding, pregnant women with anemia, poor nutrition, viral and bacterial diseases.

Foods that contain iron are meat, egg yolks, beans and green vegetables. One of the green vegetables that contain Fe is spinach vegetables. Spinach is a type of plant that is usually grown for its leaves to be consumed as green vegetables. Spinach contains lots of Vitamins A, B

and C. In addition, spinach contains many important mineral salts such as calcium, phosphorus and iron. Spinach contains high mineral substances, namely iron to encourage body growth and maintain health. The iron content contained by spinach is beneficial for our bodies so that spinach is very good for consumption. Spinach is very popular with Indonesian people because it tastes good, is soft and can facilitate digestion. In addition, spinach is also easily obtained in the markets with relatively cheap price. The spinach that we usually consume comes from the type of pulled spinach, which is where the pulled spinach consists of 2 types of spinach, namely red spinach and green spinach. Red spinach and green contain mineral spinach content, including calcium (Ca) and iron (Fe). Where the Ca levels in green spinach are lower than red spinach, namely in green spinach at 267 ppm and in red spinach at 368 ppm7.

Based on the results conducted preliminary study researchers at the Poncokusumo Health Center, data was obtained in February -June 2021, there were 569 postpartum mothers and 4 of them experienced postpartum hemorrhage. Meanwhile, based on the Poncokusumo Health Center register book, in 2021 there were 33 3rd who trimester pregnant women experienced anemia. If anemia is not resolved, it will continue during the postpartum period. Then in July 2021, observations were made on 5 postpartum mothers on the 7th day in the working area of the Poncokusumo Health Center, it was found that the results of the Hb level examination were 3 people naving Hb levels 12 g/dl and 2 people naving Hb levels <12 g/dl. This means that 3 people do not have anemia and 2 people have anemia. Interviews have been conducted by asking as many as 16 postpartum mothers. 11 people don't like vegetables and 5 people like vegetables. Postpartum mothers, whether they like or dislike vegetables, are not aware of oral therapy using herbs, consuming red spinach can increase hemoglobin. However, out of 5

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> Frequency Distribution of Respondents' Age of Postpartum Mothers in Poncokusumo, Malang

> > Regency

p-ISSN: 2089-6778

e-ISSN: 2549-

postpartum mothers who do not like vegetables, they believe that consuming vegetables is very beneficial for their health.

Based on the description above, the researcher wants to find a solution or alternative therapy that is easy to do and does not require expensive costs To increase Hb and prevent anemia, one of them is by consuming red spinach. So researchers are interested in researching the effect of red spinach on the hemoglobin levels of postpartum mothers in Poncokusumo, Malang Regency.

 Respondent's Age
 f
 %

 < 20 years</td>
 5
 16,7

 20-35 years
 21
 70

 > 35 years
 4
 13,3

 Total
 30
 100 %

# 2. Method

This type of research is a quasiexperimental with the one group pretest posttest design, namely the researcher only intervenes in one group without comparison where before and after the treatment measurements or observations are made. The population of this study were postpartum mothers (0-40 days) in Poncokusumo District, as many as 30 accidental people with sampling technique. The inclusion criteria in this study were postpartum mothers 0-40 days who were willing to be respondents. Collecting research data using primary data with observation sheets to determine hemoglobin levels before and after being given red spinach. Giving red spinach for 5 days. The analysis of this research was processed using a computerized system, in the form of univariate analysis and bivariate analysis using the paired

# Table 2.

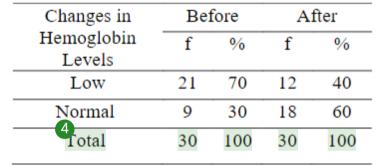
Frequency Distribution of
Respondents Based on Hemoglobin
Levels of Postpartum Mothers Before
and After Giving Red Spinach
Vegetables in Poncokusumo District,
Malang Regency

# 3. Results and Discussion Univariate Analysis

= 0.05.

Based on table 1, it can be seen from 30 respondents (100%), the majority of respondents are respondents who have 20-35 years as many as 21 people (70%) and the minority of respondents are respondents who have age > 35 years as many as 4 people (13.3%) and 5 people (16.7%) had age < 20 years.

samples t-test statistic test, with a value of



Based on table 2 it can be seen from 30 respondents (100%), before being given red spinach the majority of respondents were respondents who had low hemoglobin levels as many as 21 people (70%) and the minority of respondents were respondents who had normal hemoglobin levels before being given red spinach as much as 9 people (30%). Changes after being red spinach found given respondents experienced an increase in hemoglobin levels as many as 18 respondents (60%) with normal hemoglobin and low hemoglobin as many as 12 respondents (40%).

# Table 1.

## Bivariate Analysis Shapiro-Wilk Normality Test Analysis

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The results of table 3. the results of normality of data with Shapiro-wilk by comparing the probability value of a significant level of 0.05, the data obtained before being given red spinach was normally distributed because the asymp sig value was 0.001 < from 0.05 and the data after being given red spinach was normally distributed. because the value of asymp sig 0.079> of 0.05.

Table 3.
Shapiro-Wilk Normality Test Results
Effect of Red Spinach Vegetables on
Increased Hemoglobin Levels in
Postpartum Mothers in Poncokusumo
District, Malang Regency

Hemoglobin levels	Shapiro Wilk Sign
Before being given Red Spinach	0.001
After being given Red Spinach	0.079

# Analysis of Paired Samples T-Test

Based on table 4, it can be seen that in the table above there is an Asym sig (2tailed) value of 0.000 which is smaller than 0.05, it can be concluded that there is an effect of red spinach on increasing hemoglobin levels in postpartum mothers in Poncokusumo District, Malang Regency.

Table 4.

Test Results Paired Samples T-Test The
Effect of Red Spinach Vegetables on
Increased Levels of Hemoglobin in

postpartum mothers in Poncokusumo
District Malang Regency

p-ISSN: 2089-6778

e-ISSN: 2549-

District, Malang Regency						
Hemoglobin	Paired	Samples				
levels	T-Test	Sig	(2-			
	tailed)					
Hemoglobin	0.000					
Level Before-						
After Treatment						
Hemoglobin						
Level						

Red spinach is one type of alternative medicinal plant that has an iron composition that can treat low hemoglobin levels so that hemoglobin levels can return to normal. One source of iron that comes from plant foods is red spinach which contains Ferulytyramine and 7 mg Ferrum (iron). In addition, Red Spinach also contains several substances that the body needs such as protein, fat, carbohydrates, potassium, iron, amaranthine, rutin, purines and vitamins (A, B, and C).

# 4. Conclusion

Based on the results of research and data analysis conducted on the effect of red spinach on increasing hemoglobin levels in postpartum mothers in Poncokusumo District, Malang Regency in 2021, namely there is a significant effect between giving red spinach vegetables to increasing hemoglobin levels in postpartum mothers, seen from the paired test, samples t-test where the sig-p value is 0.000 less than 0.05.

The results of this study are expected to activate postpartum mothers by collaborating with local midwives to encourage postpartum mothers to consume red spinach every day or other foods that can increase hemoglobin levels.

#### 5. Acknowledgments

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Thank you to all those who helped with this research, including the poncokusumo community.

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