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**Pengaruh Pemberian Sari Kurma Terhadap Kadar Haemoglobin Pada Remaja Putri Dengan Anemia**

**ABSTRAK**

**Latar Belakang:** Anemia termasuk dalam permasalahan kesehatan di dunia serta prevalensinya tinggi di hampir seluruh negara di berbagai belahan dunia. Remaja putrid cenderung lebih rentan mengalami anemia sebab dewasa awal ada pada masa produktif dimana memerlukan zat gizi yang lebih banyak termasuk juga besi. Anemia bias memicu turunnya produktivitas kerja, prestasi belajar, konsentrasi, serta lekas lelah, selain itu juga mengakibatkan tubuh rawan terkena infeksi sebab daya tahan tubuh menurun. Anemia bias memengaruhi kesegaran jasmani individu.

**Tujuan :** Mengetahui pengaruh pemberian sari kurma terhadap kadar haemoglobin pada remaja putrid dengan anemia.

**Metode :** Penelitian ini menerapkan desain *Literature Review* atau tinjauan pustaka. Desain dari penelitian yang peneliti ambil pada penelusuran ilmiah ini yakni metode campuran, *survey study*, *experimental study*, analisis korelasi, *cross sectional study*, studi kualitatif, serta analisis komparasi.

**Hasil :** Melalui hasil studi yang sudah disampaikan, seluruh artikel menjabarkan hasil terkait pemberiannya kurma serta sari kurma pada peningkatan kadar Hb. Hasil rata-rata Hb setelah di berikan sari kurma mengalami kenaikan yang signifikan pada responden. Hal tersebut menunjukkan pemberiannya sari kurma bias dipergunakan menjadi alternative dalam memberikan peningkatan kadar Hb terhadap remaja putri.

**Kesimpulan :** Remaja putrid mempunyai risiko lebih terkait anemia dikarenakan mereka ada dalam masa produktif dimana memerlukan lebih banyak zat gizi seperti zat besi. Kekurangan haemoglobin akibat Anemia defisiensi besi masih berperan selaku permasalahan pemerintah terkait kesehatan hingga 5 tahun mendatang. Potensi kurma dalam sector kesehatan sudah diketahui luas khususnya untuk meningkatkan zat besi.

**Kata Kunci :** Kadar Haemoglobin, Sari Kurma, Anemia

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**Effect of Giving Extract Dates to Haemoglobin Levels At the Adolescent  
Girls With Anemia**

**ABSTRACT**

**Background:** Anemia, including the problems of health in the world and its prevalence is high in almost all over the country in various parts of the world. Teenage daughter tends to be more susceptible to experience anemia because adults beginning there during the productive which requires substances nutrients are more lots including also iron. Anemia can trigger a decline in the productivity of labor, the achievement of learning, concentration, and quickly tired, besides it also resulted in the body prone exposed to infection because the power hold the body decreases. Anemia can affect the freshness of the physical individual.

**Objective:** To determine the effect of date palm juice on hemoglobin levels in adolescent girls with anemia.

**Methods:** This study applies a *Literature Review* design or literature review. Design of the study were researchers take on search Scientific is the method mix, *survey study*, *experimental study*, the analysis of correlation, *cross-sectional study*, a study of qualitative, as well as the analysis of comparison.

**Results:** Through the results of the studies that have been submitted, all articles describe the results related to the provision of dates and date juice on the increase in Hb levels. The average yield Hb after at given cider palm experiencing hikes are significant to the respondent. things that show the gift juice of dates can be used be an alternative to provide an increase in levels of hemoglobin against teenage daughter.

**Conclusion:** Teenage daughter had a risk more associated anemia because they exist in the future productive which require more many substances nutrients like substance iron. Hemoglobin deficiency due to iron deficiency anemia will still play a role as a government problem related to health for the next 5 years. Potential dates in the sectors of health has been known widely, especially to improve the substance of iron.

**Keywords:** Hemoglobin Levels, Extract Dates, Anemia