The Effect of Ajwa Dates Consumption on Antepartum and Postpartum Hemoglobin Levels of Pregnant Women

M.Hamsah[1,a], Rachmat Faisal Syamsu[2,b], Nasrudin A.M[3,a], Ida Royani[c], Nabila Fajrin Budiman[5,d,*]

[a]Obstetrics & Gynecology Department, [b]IKM-IKK Department, [c]Nutrition Science Department, [d]General Medical Doctor Study Program of Faculty of Medicine UMI

[*]nabilabudiman29@gmail.com

Abstract. Background: Hemoglobin levels that are less than 11 g/dl indicate that pregnant women suffer from anemia which increases the risk of having a LowBirthWeight Baby (LBW), the risk of bleeding before and during delivery, and the death of the mother and baby. Several studies have shown that ajwa dates are a fruit that has been shown to provide enormous health benefits among them to increase hemoglobin levels in pregnant women. Purpose: To determine the effectiveness of consumption of ajwa dates on hemoglobin levels of postpartum mothers at RSIA Sitti Khadijah 1 Makassar. Method: Pre-Experimental research design with two group pre-test and post-test method. Conclusion: the Mann Whitney test has a P-Value (0.806)> significant level (0.05) so that there is no significant difference between Hemoglobin levels in the intervention and control groups. Differences in hemoglobin levels of antepartum pregnant women in the intervention and control groups in the t-test of unpaired data had a P-Value value (0.000) < significant level (0.05) so that there was a significant difference indicating that Ajwa dates were able to increase hemoglobin levels in pregnant women with a difference 1.67 g/dl. Differences in hemoglobin levels of postpartum pregnant women in the intervention and control groups in the t-test of unpaired data had a P-Value value (0.000) < significant level (0.05) indicating that Ajwa dates were able to increase hemoglobin levels in pregnant women compared to biscuits with a difference of 1.58 g /dl.

Keyword: antepartum, postpartum, pregnant women, hemoglobin, ajwa dates.