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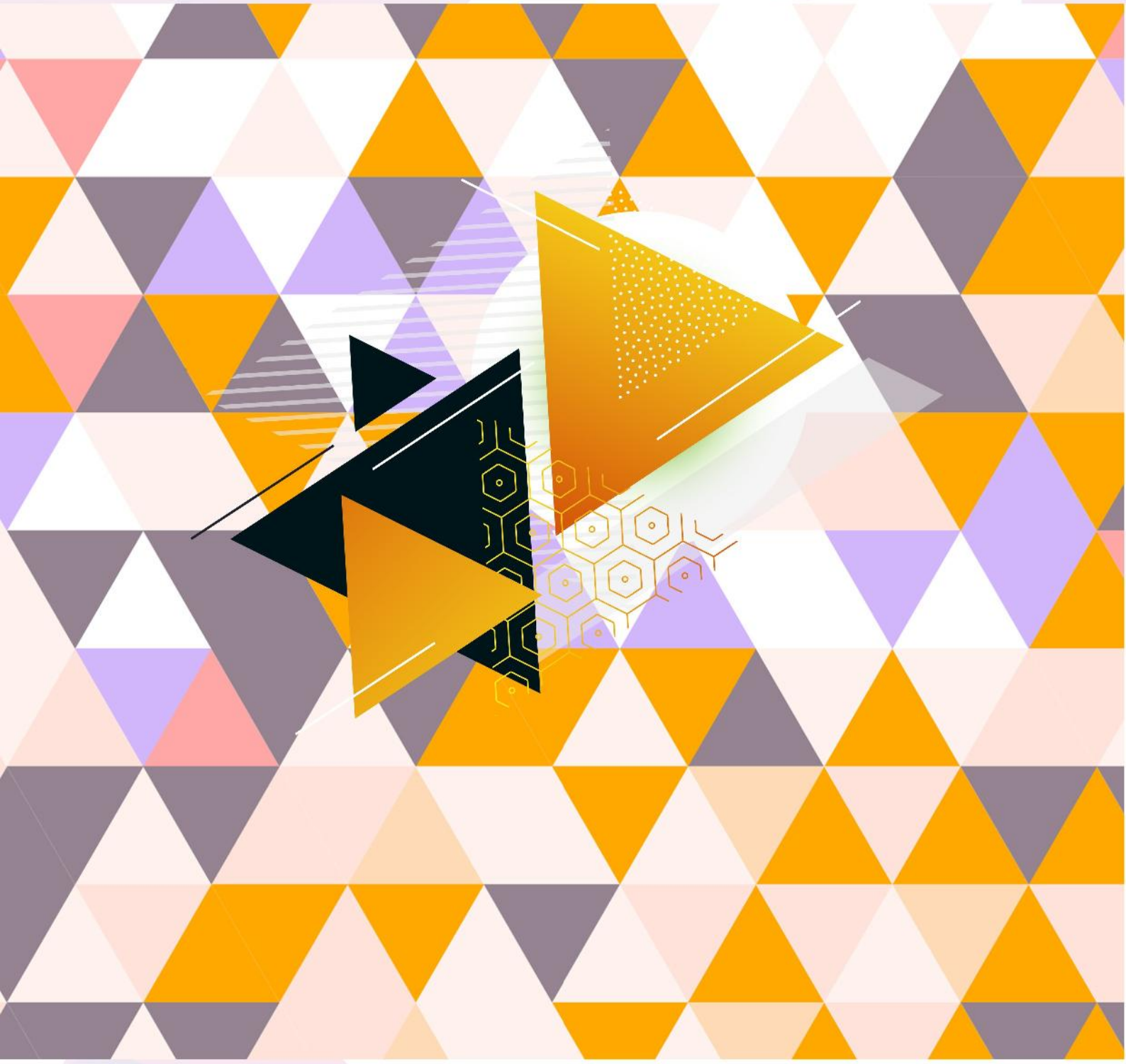

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Determine The Effect of Honey Combination Green Bean Soaking Water in Preventing Anemia of Pregnant Women During The Pandemic

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ABSTRACT

Hemoglobin is a parameter that is used widely to determine the prevalence of anemia. The lack of quality food intake can cause anemia in pregnant women. Providing combined honey with green beans is one of the non-pharmacological ways to increase hemoglobin levels in the blood. This research aimed to determine the effect of honey combination green bean soaking water in preventing anemia of pregnant women during the pandemic. This study used descriptive-analytic with a retrospective approach. The population of this study was all pregnant women in the area of the Antang Public Health Center in Makassar. Sampling was a total sampling method with a total sample of 25 people. The research instrument used observation sheets. The data collection were analyzed using univariate analysis techniques (median and frequency distribution). The research showed that there was a significant effect by giving green bean soaking water in honey combination on hemoglobin levels of pregnant women in the area of Antang Makassar Public Health Center. The research concludes that the provision of honey combinated green bean soaking water to increase hemoglobin levels in pregnant women has a significant effect.

Keywords*: Anemia, Hemoglobin in pregnant women, Green bean soaking water, honey.*

INTRODUCTION

At the beginning of 2020, the world was shocked by the corona virus pandemic. This situation affects the condition of pregnant women in improving hemoglobin levels in the blood. One of the causes of hemoglobin deficiency is anemia. Anemia is a condition of the body with a sign of reduced hemoglobin. Hemoglobin is a metalloprotein, a protein containing iron in red blood cells which functions as a carrier of oxygen from the lungs to the rest of the body. The synthesis of hemoglobin (Hb) in the body uses iron. Pregnant women are at high risk of developing anemia because iron needs increase significantly during pregnancy. Lack of quality food intake can lead to anemia in pregnant women. Providing immersion watergreen bean honey combination is one of the non-pharmacological ways to increase hemoglobin levels in the virginh. The majority of pregnant women who are given drinking water soaked with green beans combined with honey live in the working area of the Antang Community Health Center, Makassar City. All pregnant women will get 1 bottle of drink. From the above problems, the authors wanted to know the effect of giving green bean soaking water in combination with honey on the prevention of anemia in pregnant women during the pandemic.

METHODS

A. Types and Research Design
   This research is a descriptive analytic study
B. Location and Time of Research
   The research was conducted at the Antang Health Center, Makassar City.

This research was conducted in April-May 2020.

C. Research Population

The population in this study were all pregnant women who checked their wombs at Antang Health Center, Makassar City.

D. Samples and Sampling Techniques

The sample of this research is pregnant women who check their womb at Antang Health Center, Makassar City. Sampling with total sampling method with a sample size of 25 people.

1. Inclusion criteria (subjects included in the study)
   a. Pregnant women who check their wombs at the Antang Health Center, Makassar City.
   b. Trimester 1-2 pregnant women
   c. Has received a drink Combined green bean soaking water honey.
   d. Willing to be included in this research by filling out the letter consent to be a respondent.
2. Exclusion criteria (subjects not included in the study)
   a. Pregnant women who don't like to drink honey
   b. Pregnant women who do not like to consume green beans
   c. Pregnant women in the second and third trimesters

G. Identification of Research Variables

1. The independent variable (independent)
   Incidence of anemia in pregnant women during the Covid-19 Pandemic.
2. The dependent variable (dependent)
   Giving soaking Hijai Nuts (Vigna Radiata (Combination of Honey (Trigona sp))

H. Processing and Data Analysis

Processing and analysis of research data using the SPSS 17 for Windows software computer program. Data analysis using univariate analysis techniques (median and frequency distribution).

RESULTS AND DISCUSSION

Univariate Analysis

Table 1. Characteristics of respondents by age, education, work, Hb levels.

Variable	Amount	%
Age :		
20 – 35 tahun	25	25
Profession :		
Housewife	9	36
Civil Servant	7	28
Entrepreneur	9	36
Education :		
Elementary School	2	8
Secondary School	7	28
High School	13	52
Bachelor	3	12
Hb levels		
Normal	13	52
Abnormal	12	48

N : 25

Table 4.1 is the distribution of the characteristics of respondents according to age who did not experience anemia during pregnancy as many as 13 people (52%), 12 people (48%) who are at risk of anemia. Distribution of respondents according to occupations where those who do not work in offices or as housewives are 9 people with a percentage of 36%, as well as those who are self-employed as many as 9 people (36%) and for those who work as ASN (civil servants) as many as 7 people (28%). Distribution of respondents according to education, where more than 13 people graduated from high school (52%), while only 2 people in elementary school (8%), only 7 people who graduated from junior high school (28%), and about 3 people who graduated from college or undergraduate (12%). For the distribution of respondents to normal Hb levels as many as 13 people (52%). and 12 people with potential anemia (48%).

Table 2. Knowledge of pregnant women on Anemia

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Knowledge Category	Respondents	%
Good	14	56
Enough	7	28
Less	4	16

N : 25

Based on the table above, it can be seen that pregnant women who are respondents have knowledge about anemia which can reduce blood hemoglobin, amounting to 56 in the very good category.

Table 3. Examination of Hemoglobin levels early in pregnant women

Hb Level	Respondents	%
8 - 10 g/dL	3	12
11 - 12 g/dL	15	60
13 - 16 g/dlL	7	28

N : 25

Table 3. shows the data on the initial blood hemoglobin examination of pregnant women before giving green bean soaking water in combination with honey where 25 respondents who were subjected to hemoglobin examination, there were 3 people who experienced symptoms of anemia, namely a hemoglobin level of 10 g/dL. For those with hemoglobin levels of 11-12 g/dL, there were 15 people, which means there was a factor of anemia and 7 respondents who had good blood hemoglobin levels

Table 4. Effect of mung bean immersion combination of honey in pregnant women

Giving	Hb Levels	Respondents	%
Week 1	Improved	15	60
Week 2	Improved	19	76
Week 3	Improved	21	84

N : 25

From the data above, it can be seen that in the first week of giving where from the whole sample that was given a drink of green bean soaking water with a combination of honey, there was an improvement in hemoglobin levels by 15 people from the number of respondents 25 (60%). In the second week, 19 respondents (76%) experienced improvement in their health and in the third week the improvement in their hemoglobin levels increased 84% from 21 respondents. This proves that green beans combined with honey can increase hemoglobin levels in the blood properly because green beans contain calcium, phosphorus,iron, vitamin B complex such as vitamins B1 (thiamine) and B2 (riboflavin), vitamin B12, folic acid, niacin, and amino acids. The body needs vitamins to maintain blood hemoglobin so that it does not develop anemia. Sone way to overcome this is by eating green beans. Mung beans contain a number of important nutrients that can help the process of forming hemoglobin.Honey is given in a combination of green bean soaking water to maintain body immunity during a pandemic because honey contains good antibacterial and anti-virus properties.

CONCLUSION

Based on the results of the research and discussion that has been done, it can be concluded that giving green bean soaking water in combination with honey to increase hemoglobin levels in pregnant women so that anemia does not have a significant effect.

Pregnant women are advised to consume one glass of green bean soaking water per day because the content of iron, protein, vitamin C, vitamin A and vitamin B12 and folic acid contained in green beans is useful for the formation of

hemoglobin. For other researchers, the results of this study can be used as a reference for further research literature and to be able to continue more in-depth research related to the factors that influence the incidence of other anemia related to the psychological influence of pregnant women consuming water soaked in green beans, a combination of honey compared to drugs. synthetic.

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