

**EFFECTIVENES OF IRON TABLETS CONSUMPTION
WITH ROSELLA FLOWER WATER (*Hibiscus sabdariffa*)
IN INCREASING HEMOGLOBIN LEVELS
AMONG FEMALE ADOLESCENTS**

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ABSTRACT

Background: Adolescent girls have a higher risk of anemia. Rosella flower (*Hibiscus Sabdariffa*) is considered able to increase the hemoglobin levels. This study aimed to evaluate effectiveness of iron tablets consumption with rosella flower water (*hibiscus sabdariffa*) on increasing hemoglobin levels in female adolescents at Senior High School 15 Semarang.

Subjects and Method: This was a quasi-experimental study conducted in Senior High School 15 Semarang, Central Java. A random sample of 20 female adolescents were selected for this study. Subject were divided equally into 2 groups. group one was given iron tablets with rosella flower water and group two was given iron tablet only. The dependent variable was hemoglobin level. The independent variables were iron tablets and rosella flower water (*hibiscus sabdariffa*). The data were collected and analyzed using two groups pretest-posttest.

Results: Taking only iron tablets or iron tablets with rosella flower water (*hibiscus sabdariffa*) can increase blood hemoglobin levels. With association before intervention (Mean=10.98; SD=0.43; $p<0.001$) in only iron tablet groups, (Mean=11.57; SD=0.41; $p<0.001$) iron tablets with rosella flower water group and after intervention (Mean=10.86; SD=0.61; $p<0.001$) in only iron tablet groups, (Mean=12.08; SD=0.61; $p<0.001$) in iron tablets with rosella flower water group.

Conclusion: Taking iron tablets with rosella flower water is more effective than taking iron tablet only, among female adolescents at SMAN 15 Semarang.

Keywords: iron, rosella, anemia, hemoglobin, female, adolescents.

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