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Overview of the characteristics, knowledge and actions of pregnant women with anemia on the benefits of beet juice consumption at Romauli Clinik Marelan Year 2025

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ABSTRACK

Beetroot (beta vulgaris) contains flavonoids that are very useful in the formation of red blood cells (erythrocytes). The nutritional content of the beet plant is folic acid, potassium, fiber, vitamin C, magnesium, tryptophan, iron, copper, and phosphorus. Effective non-medical treatment to optimize hemoglobin levels in pregnant women by drinking beet juice. Among all types of fruits, Beetroot is recognized as a fruit that has a lot of folic acid-rich content reaching 43 mg. Purpose of the study: To find out the description of the characteristics, knowledge and actions of pregnant women with anemia on the benefits of beet juice consumption. Research method: this study is descriptive. The collection technique is carried out by purposive sampling with 30 respondents. Pregnant women with elementary education are 2 people (6.7%), junior high school (3.3%), high school (66.7%) and 7 people in college (23.3%). Based on the age of 20-35 years as many as 28 people (93.3%) and the age of >35 years as many as 2 people (6.7%). Based on the characteristics of dominant income, 27 people (90%) do not earn and 3 people have sufficient income (10%). Based on the dominant occupation, 27 (90%) of non-working mothers and 3 working mothers (10%) of them worked. Based on the Gravida, the Primigravida respondents are 14 people (46.7%) and the Multigravida are 16 people (53.3%). **Conclusion**: Based on the results of the study, it is shown that the majority of high school education, the majority of mothers are 20-35 years old, the majority of mothers' income is not income, the majority of mothers' jobs are not working, the majority of Gravida mothers are Multigravida. The majority of mothers' knowledge is sufficient to know the benefits of consuming beet juice, and the majority of pregnant women do not consume beet juice. It is expected that health workers will increase educational services to pregnant women on the benefits of beet juice so that anemia in pregnant women can be reduced.

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INTRODUCTION

The gestation period is a natural process that takes place in women, starting from the process of fertilization and then the development of the embryo until it is integrated into the uterine wall. During pregnancy, women will experience biological transitions and significant changes in mental health, and will need to adapt to new lifestyles related to pregnancy (Oktavia & Lubis, 2024).

Pregnancy lasts about 280 days (40 weeks), with a maximum limit of 42 weeks. Pregnancy is divided into three stages: the first period starts from conception until 12 weeks, the second period is from 13 weeks to 28 weeks, and the third period is from 29 weeks to 40 weeks of gestation (Mardliyana et al., 2022).

The incidence rate of anemia in pregnant women is quite high, often due to a lack of knowledge and awareness of the risk of anemia in pregnancy. Erythrocyte deficiency is more common in the first and third trimester. With the main causes including a lack of minerals and vitamins needed to support health during pregnancy. Bleeding during childbirth, although not dangerous for mothers whose hemoglobin levels are normal, can be fatal for pregnant women who experience anemia. Erythrocyte deficiency occurs in pregnant women, this condition can also be related to postpartum complications such as an increased risk of the possibility of a premature birth, low body weight, intrauterine death, and slow growth of the womb (Liliek Pratiwi, 2022).

According to the 2023 Indonesian Health Survey (SKI), the condition of pregnancy anemia is still a public health concern in Indonesia that must be considered with a prevalence of 27.7%. This figure decreased from 48.9% in Riskesdas 2018, especially in the adolescent group of 15-24 years old. However, in the adult group of 25-34 years, the decrease in the prevalence of anemia was only 2.3% (Meilan, 2023).

One of the methods to prevent anemia during pregnancy is by carrying out medical and non-medical treatment methods. Effective non-medical treatment to optimize hemoglobin levels in pregnant women by drinking beet juice. Consumption of beetroot can prevent anemia. Among all types of fruits, Beetroot is recognized as a fruit that has a lot of rich content of folic acid, which serves as a natural remedy for those who suffer from anemia and increases immunity. The folate element in beets reaches 43 mg (Rohanah et al., 2023).

Anemia is defined as a condition in which red blood cells decrease or hemoglobin levels are abnormal, resulting in a reduced capacity to transport oxygen needed by vital organs during pregnancy and the fetus, which in turn affects each other. The main factor of anemia in pregnancy is iron deficiency. Anemia is caused by insufficient iron supplementation due to inadequate or reduced consumption of iron, folic acid, and B complex vitamins (Fitri Yuniarti et al., 2022).

The reduction of maternal mortality (AKI) and infant mortality (AKB) remains the main focus that must be prioritized in optimizing public health and is carried out by the Ministry of Health (Kemenkes). Various problems experienced by pregnant women include 48.9% suffering from anemia, 12.7% experiencing high blood pressure, 17.3% having chronic energy deficiency (KEK), and 28% at risk of complications. One of the policies implemented by the Ministry of Health to address the problems faced by pregnant women is to conduct at least six check-ups during pregnancy. This is done to detect the risk of complications or warning signs that may occur during pregnancy (Nurkhasanah, 2025).

Beetroot (beta vulgaris) or rich red beet vegetables will contain flavonoids that are very useful to support the formation of red blood cells (erythrocytes). This fruit contains a lot of nutrients including folate, potassium, fiber, vitamin C, magnesium, tryptophan, iron, minerals, and phosphorus. The elements that contain folate and Fe make it for the treatment of anemia (Rohanah et al., 2024).

The results of the research analysis conducted by Dewita show that based on Gravida, the majority of mothers in the treatment group were Multigravida, amounting to 7 individuals (46.7%), and the control group consisted of 8 Multigravida subjects (53.3%). It was found that pregnant women with anemia had a hemoglobin level of 10.0 g/dl, and after being given beet juice, it

increased to 11.5 g/dl, with a difference of 1.4 g/dl. From the relevant data, it was found that the increase in hemoglobin level after being given beet juice was 1.4 g/dl. (Dewita & Henniwati, 2020)

Based on research conducted by Nursela at the UPTD Sudimoro Health Service Center in Tanggamus, Lampung, the respondents' education levels showed that 12 people (70.6%) had low education, while 5 people (29.4%) had higher education. Regarding gravida, there were 6 primigravida respondents (35.3%), 10 multipara respondents, and 1 grand multipara respondent (5.9%). Seventeen respondents were found to be anemic. Before being given beet juice, their hemoglobin (Hb) level was 9.1 g/dl, and after consuming beet juice, the Hb level increased to 11.7 g/dl. The results indicate a correlation between the consumption of beet juice and the increase in hemoglobin levels in pregnant women (Nursela et al., 2021).

The results of Anggraini's research analysis in the Makmur UPTD area, based on the mothers' education levels, showed that 9 mothers (60.0%) had a high school education. There were 13 pregnant women with mild anemia (86.7%) and 2 pregnant women with moderate anemia (13.3%). After being given beetroot juice, the results showed that 9 women (60.0%) were classified as having normal hemoglobin levels, and 6 women (40.0%) still had mild anemia. It can be concluded that there is an effect of giving beetroot juice in increasing hemoglobin levels in older pregnant women (Anggraini & Saragita, 2019).

In this condition, anemia not only affects the mother but also the baby born to a mother who also suffers from iron deficiency or anemia, as they may have limited or no iron stores in their body, even if they are not anemic themselves. A lack of iron supplements in pregnant mothers can reduce iron reserves in the fetus and the baby to be born, putting them at risk for iron deficiency anemia. This situation can lead to a decline in cognitive function during growth up to adulthood (Dai, 2021).

RESEARCH METHOD

This study applies a descriptive approach that has the purpose of knowing "Description of Characteristics, Knowledge and Actions of Pregnant Women with Anemia on the Benefits of Beet Juice Consumption at Romauli Marelan Clinic in 2025"

In this study, the research population is all pregnant women at the Romauli Marelan Clinic. The sample involved in this study was pregnant women who experienced anemia, namely 30 people. Data collection when conducting research is with data obtained from respondents. By providing a questionnaire containing questions about the research provided.

The instrument used during the study was a questionnaire. This questionnaire aims to collect data on the characteristics, knowledge and actions of pregnant women with anemia on the benefits of beet juice consumption at the Romauli Marelan Clinic.

RESULTS AND DISCUSSIONS

Table 1. Table of characteristics of pregnant women with anemia on the benefits of beetroot juice consumption

No	Characteristics	Frequency (f)	Percentage (%)
1.	Education		
	No school	0	0
	Elementary School	2	6,7
	Junior High School	1	3,3
	High School	20	66,7
	College	7	23,3
2.	Age		
	<20 Th	0	0
	20-35 Th	28	93,3
	>35 tH	2	6,7
3.	Income		

No	Characteristics	Frequency (f)	Percentage (%)
	Low	0	0
	Moderate	3	10
	High	0	0
	No income	27	90
4.	Occupation		
	Employed	3	10
	Not Working	27	90
5.	*Gravida*		
	Primigravida	14	50
	Multigravida	16	50
	Grandemulti	0	0
	Total	30	100%

The characteristics above are respondents with the education level of the respondents consist of: Elementary school there are 2 people (6.7%), junior high school there is 1 person (3.3%), high school there are 20 people (66.7%) and college graduates 7 people (23.3%). Based on the characteristics of 20-35 years old, 28 people (93.3%) and 2 people (6.7%) were >35 years old. Based on income characteristics, it is more dominant with no income reaching 27 people (90%) and sufficient income as many as 3 people (10%). Based on the dominant job characteristics, there were 27 non-working mothers (90%) and 3 working mothers (10%). Based on Gravida, respondents Primigravida were 14 people (46.7%) and Multigravida were 16 people (53.3%).

Table 2. Frequency distribution of knowledge description of pregnant women with anemia against the benefits of beetroot juice consumption

Knownledge	Frequency (f)	Percentage(%)
Good	11	36,7
Fair	12	40
Poor	7	23,3
Total	30	100%

Distribution of knowledge of pregnant women with anemia on the benefits of beet juice consumption, respondents with good knowledge as many as 11 people (36.7%), respondents with sufficient knowledge as many as 12 people (40%) and respondents with limited knowledge as many as 7 people (23.3%).

Table 3. Distribution of action frequency of pregnant women with anemia on the benefits of beetroot juice consumption

Action	Frequency (f)	Percentage (%)
Yes	11	36,7
No	19	63,3
Total	30	100%

Distribution of action of pregnant women with anemia on the benefits of beet juice consumption, respondents who consumed beet juice were 11 people (36.7%) and 19 people who did not consume beet juice (63.3%).

Characteristics of Pregnant Women with Anemia On the Benefits of Beetroot Juice Consumption

According to S. Yuliana, education is a conscious effort aimed at shaping and developing an individual's potential. Education is not only intended to develop individual potential but can also build character and ethics, create a bright future for the next generation, and improve digital literacy (S et al., 2024).

Based on the findings conducted by Aningsih, the majority of pregnant women with secondary education (SMA) were 19 people (59.4%). Education greatly influences the way of

thinking and receiving information from others. Individuals with higher education levels are usually better at making informed decisions. Meanwhile, individuals with low education may have difficulty understanding information, so their knowledge about anemia is limited especially the importance of iron (Aningsih et al., 2023).

According to Juwita from Arisman (2004), education can be understood as a process that leads to changes in individual behavior towards maturity and the improvement of human life. In this case, a mother, especially pregnant women who have a high level of education, tends to equalize their consumption patterns. Education plays an important role in determining the extent to which a person can easily filter and accept the knowledge they acquire. Education contributes not only to personal development, but also to the quality of life of society as a whole (Juwita, 2023).

Based on the researcher's assumption, an individual's level of education plays an important role in obtaining and understanding every information that has been conveyed. The more knowledge a person has, the wider his knowledge and desire to learn. Education is the underlying factor for the individual to get new things or information so that it is easier to receive information about beets in reducing hemoglobin levels in pregnant women who are anemic.

According to R. Oktaviance (2022), age is the age that counts from his birth to the time he celebrates his birthday. As they age, individuals will experience an increase in maturity and strength in thinking and acting. People tend to trust people who have reached a more advanced level of maturity when compared to those who are young. This happens because of the life experiences that have been passed and the development of a more mature soul (SIMORANGKIR et al., 2022).

According to the results of the 2022 Mahmudah study, pregnant women with anemia based on age are at high risk of being under 20 years old and over 35 years old respondents are 3 people (23.1%) and 10 people (76.9%) are 20-35 years old. Age at risk is one of the factors associated with anemia. The age of the mother at the time of pregnancy also affects the rate of disease and the mortality rate of the mother and the baby born (Mahmudah, 2022).

The researcher assumes that the knowledge of respondents based on the age of 20-35 years is the majority of the knowledge level is sufficient. Age greatly affects anemia, this is because age affects the condition of a mother. The reproductive age is 20-35 years old where all reproductive organs have played a role and are willing physically and mentally. Pregnant mothers who suffer from anemia due to lack of iron intake.

Income is the wages received commensurate with the results of the work. Income is also defined as money obtained from sales that is considered net income and deducted. A person's source of income to meet daily needs. Income comes from various activities, such as permanent employment, self-employment, or investment (Kusuma & Wardana, 2024).

Assumptions argue that income is included in the main needs in daily life for people, especially pregnant women for all the necessary costs from check-ups from pregnancy to maternity. During the field studied, the average mother's income is sufficient because she does not work and only relies on her husband's income.

According to Susanto 2022, work is an activity or activity that generates income as a livelihood. Jobs are not identical or depend on the requirements of abilities in the form of knowledge, skills and attitudes. People who are stuck in their daily busy work tend to have limited time to access information. In these conditions, they can often only set aside time to get information that is urgent or relevant to their work, so the knowledge gained becomes very limited (Dr. Ratnawati Susanto, 2022).

According to Purwanto, work is defined as all physical and mental activities, both pleasant and unpleasant. The goal is to create something that has economic or symbolic value. Work is also defined to shape the economy and to earn income. In work there are several groups, each job profession has its own duties and jobs without interfering with other jobs (Purwanto, 2021).

The results of this study support the findings carried out by Ria Muji Rahayu (2020) stating that the majority of pregnant women are not working at all, totaling 53 people (82.2%). This is because mothers are too busy with their daily activities in taking care of the house, taking care of their husbands and children so that mothers no longer have time to take care of themselves and their womb requires adequate nutritional intake and rest (Rahayu, R.M., 2020).

The researcher's assumption states that pregnant women who do not have a job or do not work can only rely on income from their husbands, so that to obtain information and conduct pregnancy checks and to meet nutritional intake for themselves and for the fetus is lacking.

According to Maimunah Gravida is a woman who is pregnant. There are various types of Gravida terms. PrmiGravida refers to a woman who is pregnant for the first time. Meanwhile Multigravida is a woman who has had a previous pregnancy, be it one or more. Grandemulti means a woman who has been pregnant more than 5 times (Maimunah et al., 2025).

However, this research is not in line with the research of Crimonica Alifia Putri, (2023) stating that the majority are Primigravida mothers. This is because Primigravida pregnant women do not have enough experience and knowledge in living/dealing with pregnancy (Alifia Putri, 2023). Researchers assume that mothers who are pregnant and have given birth more than once will have a high risk of anemia, this is due to the decrease in iron due to previous pregnancies and delivery. In addition, many pregnant women also do not pay attention to their pregnancies, sharing important information about anemia in pregnant women to health workers or other people.

Frequency Distribution of Knowledge Description of Pregnant Women with Anemia Against the Benefits of Beetroot Juice Consumption

Based on the knowledge of pregnant women with anemia about the benefits of consuming beet juice, 11 respondents (36.7%) had good knowledge, 12 respondents (40%) had adequate knowledge, and 7 respondents (23.3%) had poor knowledge.

According to Sudiantara, as cited from Soemargono (1980), knowledge is defined as knowledge that has been organized methodologically, structured, and well-connected regarding a specific area of knowledge and existing reality. This knowledge serves to explain various phenomena in the field of knowledge, allowing us to understand the phenomena that occur in our environment (Sudiantara, 2020). Based on the findings from Indranettasa et al., it was stated that 58 pregnant women (62.4%) had good knowledge, 30 pregnant women (32.3%) had adequate knowledge, and 5 pregnant women (5.4%) had poor knowledge (Riawati, 2019).

According to the researcher's assumption, the level of understanding can be influenced by various things, including education, economic conditions and sources of information. In this study, pregnant women showed a good understanding of the benefits of consuming beet juice because of the information they received from medical personnel and families. The better understanding the mother-to-be has, the more information they can access

Distribution of Action Frequency of Pregnant Women with Anemia On the Benefits of Beetroot Juice Consumption

Based on research on the actions of pregnant women with anemia regarding the benefits of consuming beet juice, it was found that 11 respondents (36.7%) consumed beet juice, while 19 respondents (63.3%) did not.

Beetroot is a type of plant that grows underground and falls into the category of tubers. It has red and purple colors and is most commonly found in North America and England. Beet tubers are often avoided and rarely consumed by pregnant women with anemia and the general public because beets have an unpleasant taste caused by a musty aroma, earthy flavor, and are not enjoyable to eat (Ns. Amila et al., 2021).

Based on Gustina's research in the working area of the health center in Kramat Jati District, it was reported that based on the actions of pregnant women with anemia in consuming beet juice,

the results showed that before consuming beet juice, the hemoglobin (Hb) level was 9.8 g/dl, and after consuming beet juice, the mother's Hb level increased to 10.5 g/dl. In this case, there was an improvement in the Hb levels of pregnant women who had consumed beet juice (Gustina et al., 2020). Utami's research found results based on hemoglobin levels before consuming beet juice at 9.97%, and after consumption, the hemoglobin levels of pregnant women increased to 10.96%. This can be concluded that there is an influence on the increase in hemoglobin levels in pregnant women who consume beet juice. It turns out that beets have a significant effect on increasing levels for women who are pregnant (Padilah et al., 2024).

Nurhayati's research stated that some pregnant women experiencing anemia were in the third trimester with mild anemia in the intervention group categorized as mild anemia. Before being given beet juice to pregnant women with anemia, their hemoglobin levels were 9.6-9.8 g/dl. This was influenced by the fact that the mothers did not regularly consume iron, along with beet juice mixed with date juice in the morning. After being given the beet juice, the results in the intervention group showed an average hemoglobin level of 11.2 g/dl, meaning that third-trimester pregnant women did not experience anemia but were instead normal (Nurhayati & Rahmadyanti, 2024). From the results of nursela's (2021) research, there was an increase in the number of women with anemia after beet juice was given to pregnant women with anemia where before beet juice was given the hb content of 9.8 g/dl and after giving and consuming the mother's hb level increased by 11.7 g/dl. It is concluded that the increase in hb levels of pregnant women often experience anemia due to iron deficiency or low iron food intake (Nursela et al., 2021).

According to the assumption of the researcher, it is stated that to increase the hb level of pregnant women who are anemic, not only by pharmacology but also by non-pharmacology. This is in accordance with the nursela's research that the hb levels of pregnant women before consuming beet juice before consuming beet juice rose to 11.7 g/dl. This shows that beetroot is very effective in increasing maternal hb levels. However, there are also some pregnant women who do not consume beet juice due to the inability to buy beets due to the economy and several other respondents do not consume beet juice to increase the mother's hb level because they do not like the smell of beets whose fruit is like the smell of soil.

CONCLUSION

Based on the results of the study, it was obtained that the characteristics of respondents based on elementary education were 2 people (6.7%), junior high school as many as 1 person (3.3%), high school as many as 20 people (66.7%) and university education as many as 7 people (23.3%). Based on the characteristics of 20-35 years old, 28 people (93.3%) and 2 people >35 years old (6.7%) aged. Based on income characteristics, it is more dominant with 27 people (90%) having no income and 3 people (10%) having sufficient income. Based on the dominant work characteristics, there are 27 people (90%) of non-working mothers and 3 working mothers (10%). Based on Gravida, Primigravida respondents totaled 14 people (46.7%), while Multigravida had 16 people (53.3%).

Based on the results of the study, it was found that 11 respondents had good knowledge (36.7%), respondents who had sufficient knowledge as many as 12 people (40%) and respondents who had less knowledge as many as 7 people (23.3%). The results of the study were obtained that the actions of pregnant women who consumed beet juice amounted to 11 people (36.7%), while those who did not consume were 19 people (63.3%).

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