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The effect of dragon fruit juice and ambon banana juice on hemoglobin (hb) levels in adolescent girls

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Abstract

Background: One of the non-pharmacological effort to increase hemoglobin (Hb) levels is by consuming fruits that contain iron and nutrients that support red blood cell formation. Dragon fruit contains iron, vitamin C, and antioxidants, while Ambon bananas contain iron, vitamin B6, vitamin C, and folic acid.

Purpose: to determine the effect of dragon fruit juice and Ambon banana juice on hemoglobin levels among adolescent girls.

Method: The research method used was a descriptive case study involving four respondents, consisting of two respondents in the dragon fruit juice group and two respondents in the Ambon banana juice group, conducted over 14 days. Hemoglobin levels were measured before and after the intervention.

Results: The results showed that the dragon fruit juice group experienced an average increase in Hb levels of 1.95 g/dL, while the Ambon banana juice group experienced an average increase of 1.4 g/dL.

Conclusion: both dragon fruit juice and Ambon banana juice had an effect on increasing Hb levels in adolescent girls, and dragon fruit juice was more effective than Ambon banana juice in improving Hb levels.

Suggestion: Both dragon fruit juice and Ambon banana juice can help improve Hb levels; however, dragon fruit juice is more effective and may be used as an alternative non-pharmacological intervention to help prevent and manage anemia in adolescent girls.

Keywords: Adolescent Girls; Ambon Banana; Dragon Fruit Juice; Hemoglobin.

INTRODUCTION

Anemia among adolescent girls remains a significant health problem and can affect learning concentration, immune system function, physical fitness, and reproductive health. Adolescent girls are more at risk of anemia due to blood loss during menstruation each month, which causes reduced iron reserves and decreased hemoglobin (Hb) levels. Untreated anemia can lead to impaired concentration, fatigue, decreased memory, and reduced productivity and quality of life among adolescents (Pratita, 2020; Wurlandari, 2023).

Data from the World Health Organization showed that in 2023, 30.7% of women aged 15-49 years experienced anemia, while the prevalence of anemia

among adolescent girls in developing countries reached 27% (World Health Organization (2025). Data from the World Health Organization showed that in 2023, 30.7% of women aged 15-49 years experienced anemia, while the prevalence of anemia among adolescent girls in developing countries reached 27% (Ministry of Health of the Republic of Indonesia, 2023). Meanwhile, in Banten Province, the prevalence of anemia among adolescents reached 57.1%, and survey results in Tangerang Regency showed that 46.58% of adolescent girls experienced anemia (Banten Provincial Health Office, 2019). Data from Permata Larasati Clinic in 2024 showed that 58.3% of examined adolescents experienced anemia,

while in 2025 the prevalence decreased to 46.3%; however, this condition still requires serious attention.

Efforts to manage anemia can be carried out through pharmacological and non-pharmacological approaches. The government has implemented an iron tablet supplementation program, but adherence among adolescents in consuming iron tablets remains low due to side effects such as nausea and vomiting (Bobak, Lowdermilk, Jensen, & Perry, 2005). Therefore, alternative non-pharmacological interventions that are more comfortable and acceptable for adolescents are needed, one of which is the consumption of dragon fruit juice and Ambon banana (Mariyona, 2020).

Dragon fruit contains iron, vitamin C, folate, and vitamin B2, which play a role in red blood cell formation and increasing iron absorption (Nurhayati & Fitriani, 2023; Putri, 2024; Rohanah, Puspita, Wijaya, Pratiwi, & Hareva, 2023). Several previous studies have shown that dragon fruit is effective in increasing hemoglobin (Hb) levels in adolescent girls with anemia. Research by Sari and Widyanti showed that the administration of dragon fruit juice for 10 days significantly increased Hb levels, with an average increase of 1.1 g/dL (Sari & Widyanti, 2023). Another study also found an increase in the average Hb level from 10.91 g/dL to 11.59 g/dL after the administration of dragon fruit juice to anemic adolescent girls (Yunita & Ekasari, 2025). In addition, similar research stated that the consumption of dragon fruit juice combined with iron tablets had a significant effect on increasing hemoglobin levels due to the iron, vitamin C, and antioxidant content that support the process of red blood cell formation (Wulandari, Putri, & Yolanda, 2025).

A study conducted on adolescent girls at SMA Negeri 1 Kabila, Bone Bolango Regency, regarding the effectiveness of Ambon bananas in increasing Hb levels showed that the administration of Ambon bananas had a significant effect on increasing Hb levels with a p-value = 0.000 (Ibrahim, Bau, & Nurlaily,

2023). Another study also found that the combination of iron tablets and Ambon banana juice was more effective in increasing hemoglobin levels compared to iron tablets alone in adolescent girls with anemia (Mawaddah & Noorjanah, 2023).

RESEARCH METHOD

This study used a qualitative method with a *Study Case Literature Review* (SCLR) approach. This approach aimed to descriptively describe the effect of dragon fruit juice and Ambon banana administration on increasing hemoglobin (Hb) levels among adolescent girls with anemia based on observation results and relevant literature reviews. The independent variables in this study were the administration of dragon fruit juice and Ambon bananas, while the dependent variable was hemoglobin (Hb) levels in adolescent girls. The study was conducted at Pramata Larasati Clinic in 2025. The study population consisted of four adolescent girls with mild anemia, selected using a purposive sampling technique..

The sample consisted of two adolescents who received dragon fruit juice intervention and two adolescents who received Ambon banana intervention. The research instruments used included general data sheets, observation sheets, and hemoglobin (Hb) examination tools. Data collection was carried out through Hb level examinations before the intervention (pretest) and after the intervention (posttest). The intervention was conducted for 14 days with observations on days 1, 7, and 14. The dragon fruit juice group received 100 grams of dragon fruit blended with 100 ml of water once daily, while the Ambon banana group received two ripe Ambon bananas per day weighing approximately 100 grams each. Data analysis was conducted descriptively by comparing Hb examination results before and after the intervention to describe changes in hemoglobin levels in each group.

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RESEARCH RESULTS

Table 1. Frequency Distribution of Dragon Fruit Intervention Among Adolescent Girls (N = 4)

Respondent	Hemoglobin Level (Hb) gr/dL		Average Increase
	Pre-test	Post-test	
Respondent 1	11.3	12.8	1.5
Respondent 2	11.1	13.5	2.4

Table 1 shows the results of the study in the dragon fruit juice intervention group, where all respondents experienced an increase in hemoglobin (Hb) levels after receiving the intervention for 14 days. In respondent 1, the Hb level before the intervention (pre-test) was 11.3 g/dL and increased to 12.8 g/dL after the intervention (post-test), resulting in an increase of 1.5 g/dL. Meanwhile, respondent 2 experienced an increase in Hb level from 11.1 g/dL to 13.5 g/dL, with an increase of 2.4 g/dL. Based on these results, the average increase in Hb levels in the dragon fruit juice group was 1.95 g/dL. The increase in Hb levels in both respondents indicates that the administration of dragon fruit juice had a positive effect on improving hemoglobin levels in adolescent girls with mild anemia. Before the intervention, both respondents were categorized as having mild anemia because their Hb levels were still below the normal range for adolescent girls. After the intervention, the Hb levels of both respondents increased to near or within the normal hemoglobin range for adolescent girls.

Table 2. Frequency Distribution of Ambon Banana Intervention Among Adolescent Girls (N=4)

Respondent	Hemoglobin Level (Hb) gr/dL		Average Increase
	Pre-test	Post-test	
Respondent 1	11.3	12.7	1.4
Respondent 2	10.7	12.1	1.4

Table 2 shows the results of the study in the Ambon banana intervention group, where all respondents experienced an increase in hemoglobin (Hb) levels after receiving the intervention for 14 days. In respondent 1, the Hb level before the intervention (pre-test) was 11.3 g/dL and increased to 12.7 g/dL after the intervention (post-test), resulting in an increase of 1.4 g/dL. Meanwhile, respondent 2 experienced an increase in Hb level from 10.7 g/dL to 12.1 g/dL, with an increase of 1.4 g/dL. Based on these results, the average increase in Hb levels in the Ambon banana group was 1.4 g/dL. The results showed that the administration of Ambon bananas had a positive effect on increasing hemoglobin levels in adolescent girls with mild anemia. Before the intervention, both respondents had Hb levels below the normal range and were categorized as having mild anemia. After 14 days of intervention, the Hb levels of both respondents increased and approached the normal hemoglobin range for adolescent girls.

DISCUSSION

The results presented in Table 1 showed that the administration of dragon fruit juice for 14 days had an effect on increasing hemoglobin (Hb) levels in adolescent girls with mild anemia. Respondent 1 experienced an increase in Hb levels from 11.3 g/dL to 12.8 g/dL, with an increase of 1.5 g/dL, while respondent 2 experienced an increase in Hb levels from 11.1 g/dL to 13.5 g/dL, with an increase of 2.4 g/dL. The average increase in Hb levels in the dragon fruit juice intervention group was 1.95 g/dL. These results indicate that regular consumption of dragon fruit juice can help improve hemoglobin levels in adolescent girls with mild anemia. After the intervention, the Hb levels of both respondents increased to reach the normal hemoglobin range for adolescent girls. This increase indicates that dragon fruit can be used as an effective non-pharmacological intervention alternative in helping to overcome anemia among adolescent girls.

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The increase in Hb levels in this study was influenced by the nutritional content found in dragon fruit, particularly iron, vitamin C, vitamin B2, folate, and antioxidants. Iron is the main component in hemoglobin formation that functions to bind oxygen in the blood. Vitamin C plays a role in increasing the absorption of non-heme iron in the intestine so that iron absorption becomes more optimal (Ramadhanti & Nova, 2025; Yuniza, Ginanjar, Ulaa, & Rizona, 2025). In addition, vitamin B2 and folate assist the process of erythropoiesis or the formation of new red blood cells. The antioxidant content in dragon fruit also helps protect red blood cells from oxidative damage, thereby improving the hemoglobin formation process. The administration of dragon fruit in juice form is considered more effective because the crushing process accelerates nutrient absorption by the body compared to consuming the fruit directly (Sari & Widyanti, 2023; Sari, Astuti & Hidayati, 2023).

Previous studies also showed that the administration of dragon fruit juice to adolescent girls with anemia could increase hemoglobin levels from 11.1 g/dL before the intervention (pre-test) to 12.4 g/dL after the intervention (post-test). This finding indicates that dragon fruit had a significant effect on increasing hemoglobin levels with a p-value = 0.000 (Passe & Sudirman, 2023). Another study also stated that the combination of iron tablets and dragon fruit juice was more effective in increasing Hb levels in adolescent girls with anemia compared to without dragon fruit juice intervention, with the average Hb level in the experimental group increasing from 10.725 g/dL before the intervention to 12.280 g/dL after the intervention (Priyanti, Pangestu, & Sugesti, 2023).

According to the researchers' assumption, the increase in Hb levels in the dragon fruit juice group occurred because the iron and vitamin C content in dragon fruit worked synergistically in increasing hemoglobin formation. Regular consumption of dragon fruit juice for 14 days helped meet the body's iron requirements lost during menstruation in adolescent girls. In addition, the juice form facilitated nutrient absorption so that the body could utilize the nutrients contained in dragon fruit more quickly. The researchers also assumed that respondents' adherence to consuming dragon fruit juice during the intervention contributed to the success of increasing Hb levels. Although the increase in Hb levels differed

among respondents, all respondents showed positive changes after the intervention. Differences in Hb level increases were likely influenced by body metabolism, daily dietary patterns, menstrual cycles, and each respondent's ability to absorb iron. Therefore, dragon fruit juice can be considered an easy, safe, and effective non-pharmacological intervention alternative to help prevent and overcome anemia among adolescent girls.

The results presented in Table 2 showed that the administration of Ambon bananas for 14 days had an effect on increasing hemoglobin (Hb) levels in adolescent girls with mild anemia. Respondent 1 experienced an increase in Hb levels from 11.3 g/dL to 12.7 g/dL, with an increase of 1.4 g/dL, while respondent 2 experienced an increase in Hb levels from 10.7 g/dL to 12.1 g/dL, with an increase of 1.4 g/dL. The average increase in Hb levels in the Ambon banana intervention group was 1.4 g/dL. These results indicate that regular consumption of Ambon bananas can help improve hemoglobin levels in adolescent girls with mild anemia. After the intervention, all respondents experienced an increase in Hb levels approaching the normal hemoglobin range for adolescent girls. This finding indicates that Ambon bananas can be used as a non-pharmacological intervention alternative to help increase Hb levels in adolescent girls with anemia.

The increase in hemoglobin levels in this study was influenced by the nutritional content found in Ambon bananas, such as iron, vitamin C, vitamin B6, folic acid, and phosphorus. Iron is the main component in hemoglobin formation that functions to carry oxygen throughout the body tissues. Vitamin C plays a role in increasing the absorption of non-heme iron in the digestive tract so that the hemoglobin formation process becomes more optimal. In addition, vitamin B6 and folic acid have important roles in erythropoiesis or the formation of new red blood cells. Folate assists DNA formation and erythrocyte maturation, while vitamin B6 helps hemoglobin synthesis in the body. Ambon bananas also contain relatively high carbohydrates and energy that help improve the condition of adolescents experiencing fatigue due to anemia. These nutritional contents make Ambon bananas one of the fruits that are good for helping increase Hb levels in adolescent girls (Fadillah & Azizah, 2025; Faridah, Fitriah, Saputri, Bebasari, Eravianti, Merry, & Hidayah, 2024; Luthbis,

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Ratnasari, Lutbis, Sakit, & Asih, 2020).

The results of this study are consistent with previous studies showing that the administration of Ambon bananas to adolescent girls with anemia in the working area of Leuwigoong Public Health Center, Garut Regency, had a significant effect on increasing Hb levels with a p -value = 0.000. The average Hb level in the experimental group increased from 10.687 g/dL before the administration of Ambon bananas to 12.313 g/dL after the intervention (Puspawidari, Hanifa, & Astuti, 2023). Similar studies also showed that Ambon banana administration affected hemoglobin level improvement. After the intervention, most respondents experienced an increase in Hb levels to 11–12 g/dL, and statistical test results showed a significant effect between Hb levels before and after Ambon banana administration with a p -value = 0.004 ($p < 0.005$) (Ruspita & Rahmi, 2022).

According to the researchers' assumption, the increase in Hb levels in the Ambon banana intervention group occurred because the iron, vitamin C, vitamin B6, and folic acid contents in Ambon bananas worked synergistically in supporting hemoglobin and red blood cell formation. Regular consumption of Ambon bananas for 14 days helped fulfill the nutritional requirements needed by the body in the erythropoiesis process, especially in adolescent girls who experience blood loss due to menstruation. In addition, Ambon bananas are easy to consume, have a sweet taste, and are well accepted by adolescents, thereby increasing adherence during the intervention. The researchers also assumed that the equal increase in Hb levels in both respondents indicated that the Ambon banana intervention provided a relatively stable effect on increasing hemoglobin levels. However, differences in physical condition, dietary patterns, menstrual cycles, and each respondent's iron absorption ability could still influence the increase in Hb levels. Therefore, Ambon bananas can be used as a safe, easily accessible, and effective non-pharmacological intervention alternative to help increase hemoglobin levels in adolescent girls with anemia.

CONCLUSION

The administration of dragon fruit juice and Ambon bananas for 14 days had an effect on increasing hemoglobin (Hb) levels in adolescent girls with mild anemia. The dragon fruit juice intervention

group showed an average increase in Hb levels of 1.95 g/dL, while the Ambon banana group showed an average increase of 1.4 g/dL. These results indicate that both interventions can help increase hemoglobin levels in adolescent girls; however, dragon fruit juice was found to be more effective than Ambon bananas. The iron, vitamin C, folate, and other nutrients that support red blood cell formation contained in both fruits play a role in the process of increasing hemoglobin levels. Therefore, dragon fruit juice and Ambon bananas can be used as alternative non-pharmacological interventions to help prevent and manage anemia in adolescent girls.

SUGGESTION

Based on the results of the study, adolescent girls with anemia are advised to regularly consume dragon fruit juice and Ambon bananas as alternative non-pharmacological interventions to help increase hemoglobin (Hb) levels. Health workers are expected to provide education regarding the importance of consuming nutritious foods rich in iron and vitamins that support red blood cell formation as an effort to prevent anemia among adolescent girls.

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