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## Effects of date fruit and 7 dates consumption on haemoglobin level and bowel movement

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**Statement of the Problem:** Iron supplement program as an approach to overcome anemia gives positive impacts but still under expectations, even considered a failure. Side effect of iron supplement such as constipation causes disobedience. This study was designed to examine haemoglobin level and bowel movement differences resulted from iron supplement of government program and public market and ferro-contained nutrition often consumed by people, in order to identify alternative solution for handling anemia.

**Methodology:** True-experimental quantitative design with pre-test and post-test control group was used on three treatment groups and one control group. Respondents were anemia adolescent girls with inclusive but not exclusive criteria. 40 respondents were selected using random permutated blocks. Intervention was done for 30 days with weekly assessment. Data analysis used Friedman Test, Wilcoxon Signed Rank and Multiple Linear Regression Test.

**Findings:** There is a significant haemoglobin difference before and after intervention on four groups. It is seen in week 1, 2, 3, and then it tends to decline. Strong, significant correlation is found in treatment with haemoglobin and defecation duration (week 4) and bowel problems (week 2, 3, 4); feeding frequency and menstruation with haemoglobin (week 1); feeding frequency and defecation duration (week 2); mineral water intake and defecation duration (week 4). Multiple linear regression analysis results in regression equation and participants’ prediction towards dependent variables. There is a positive, significant relationship between treatment (week 2, 3) and bowel problems, mineral water intake (week 4) and defecation duration.

**Conclusion & significance:** Dates and ferrous sulfate consumption increase higher haemoglobin level than ferrous gluconate and 7 dates. However, ferrous sulfate and ferrous gluconate consumption have negative side effects while dates and 7 dates give beneficial effects. Dates and its processed products should be considered alternative solution for handling and preventing anemia.

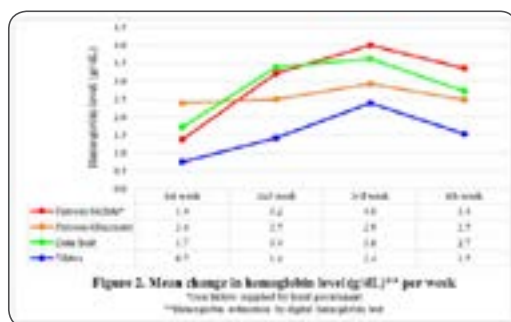


Table 3. Description of bowel movements experienced by respondents

Mean duration of defecation per week	1 week				2 weeks				3 weeks				4 weeks			
	FS	FG	DF	TD	FS	FG	DF	TD	FS	FG	DF	TD	FS	FG	DF	TD
ND for 1 days	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ND for 2 days	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ND for 3 days	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ND for 4 days	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ND for 5 days	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ND for 6 days	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ND for 7 days	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ND for 8 days	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ND for 9 days	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ND for 10 days	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ND for 11 days	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ND for 12 days	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ND for 13 days	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ND for 14 days	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ND for 15 days	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ND for 16 days	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ND for 17 days	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ND for 18 days	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ND for 19 days	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ND for 20 days	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ND for 21 days	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ND for 22 days	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ND for 23 days	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ND for 24 days	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ND for 25 days	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ND for 26 days	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ND for 27 days	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ND for 28 days	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ND for 29 days	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
ND for 30 days	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Every day	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0

Legend: FS: Ferrous Sulfate (FS), FG: Ferrous Gluconate (FG), DF: Date Fruit (DF), TD: Dates (TD)

### Biography

Indrayani is a Midwife with several working experiences as a Nurse of Public Health Center, Midwife Practitioner, Midwife Lecturer, Researcher, and Writer. Her research interests include “Midwives in communities, midwifery education, and maternal mortality particularly postpartum haemorrhage”. Her job has led her to work with several collaborative partners such as the Ministry of Health, government and non-government institutions, association and broader community of midwives. She has published four books on midwifery and more than 19 papers of presiding and journals both nationally and internationally.

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