

ABSTRACT

EFFECT OF GREEN BANANA (Family Musaceae) ADMINISTRATION ON BLOOD IRON (Fe) LEVEL IN ELDERLY AT PANTI SOSIAL TRESNA WERDHA BANGKALAN

Diah Jerita Eka Sari

Elderly experience some physiological changes in all body systems due to aging process, rendering themselves more susceptible to nutrition and health problems. One of such problem is iron deficiency that result in the decline of their health. Iron deficiency in elderly can be overcome by providing high iron containing diet and controlling the factors that may inhibit iron absorption from food. With the administration of green banana (Family Musaceae) as supplement, it is expected that blood iron level of elderly in Panti Sosial Tresna Werda Bangkalan can be improved.

This was a quasy-experimental study. Population comprised 27 persons. Samples were taken using purposive sampling from those who met the inclusion criteria, consisting of 14 persons. Seven persons served as treatment group and seven others served as control group. Data obtained were analyzed using paired t statistical test with $\alpha = 0.05$ and independent t test with $\alpha = 0.05$.

Result of paired t test revealed $p = 0.013$ for blood iron level before and after intervention in treatment group, and $p = 0.864$ in control group. The independent t-test showed $p = 0.000$ for blood iron level after green banana administration to treatment and control group.

As a conclusion, the administration of green banana (Family Musaceae) has effect on blood iron level in elderly. The result of this study can be used as a consideration to include banana as supplement for elderly to prevent iron deficiency and further studies on this issue is also suggested.

Keyword : green banana, blood iron level, elderly