THESIS

THE EFFECT OF RED GINGER DECOCTION AND MULTIFLORA HONEY ON HEMOGLOBIN LEVEL AND QUALITY OF LIFE OF MENSTRUATING WOMEN

Compiled by:

Putri Cahaya Hutami

NIM 432022718068

DEPARTMENT OF PHARMACY

FACULTY OF HEALTH SCIENCES

UNIVERSITAS DARUSSALAM GONTOR

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VALIDITY SHEET

It is hereby stated that the thesis with the title :

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Writen by:

Putri Cahaya Hutami

432022718068

Has been tested and approved & before the Thesis Examiner Board

On : Wednesday, 3 December 2025

Examiner Board :

Supervisor 1

Anugerah Suciati, M. Farm
NIDN. 0725109501

Supervisor 2

Nurul Marfu'ah, S.Si, M.Si
NIDN. 0715078505

Examiner 1

Apt. Nadia Iha Fatihah, M.Clin.Pharm
NIDN. 0714059105

Aproved by,

Head of Pharmacy Department
Faculty of Health Science, University of Darussalam Gontor

Apt. Nadia Iha Fatihah, M.Clin.Pharm
NIDN. 0714059105

ABSTRACT

Putri Cahaya Hutami
432022718068

Anemia is a common health problem for women, especially during menstruation, and can reduce the quality of life. This study aims to determine the effect of a combination of red ginger *(Zingiber officinale var. rubrum)* decoction and multifloral honey on hemoglobin (Hb) levels and quality of life in anemic menstruating women. The study employed an experimental design with 7 treatment groups (negative control, positive control, and five variations of red ginger-multiflora honey combinations), each containing 5 respondents, resulting in a total sample of 35 people. The intervention was administered for 5 consecutive days at a dose of 20 mL, twice daily. Hemoglobin levels were measured using the Easy Touch GCHb device, while quality of life was assessed using a modified version of the WHOQOL-BREF questionnaire. The study results showed an increase in Hb levels in the treatment group. The highest average increase was in the RJM-MM 4 (1:1) group, at 3.42 ± 2.12 g/dL. However, statistical tests between groups showed that this increase in Hb levels was not significant ($p = 0.437$). Meanwhile, the quality of life, measured using the WHOQOL-BREF instrument, showed increases in mean scores across all domains: physical (7.9), psychological (13.7), social (6.3), and environmental (11.4). However, data analysis results showed that the overall improvement in quality of life was not significant ($p = 0.417$). The conclusion is that the combination of red ginger decoction and multifloral honey can increase hemoglobin levels and quality of life in menstruating women with anemia, although this is not statistically significant ($p>0.05$).

Keywords: hemoglobin, menstruating women, multifloral honey, quality of life, red ginger

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Ponorogo, August 9, 2025

Author,

Putri Cahaya Hutami

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The undersigned:

Name	: Putri Cahaya Hutami
NIM	: 432022718068
Faculty	: Health Sciences
Study Program	: Pharmacy
Research Title	: The Effect of Red Ginger and Multiflora Honey Decoction on Hemoglobin Levels and Quality of Life in Menstruating Women

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Researcher,

Cahaya Hutami

NIM. 432022718068