

THESIS

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



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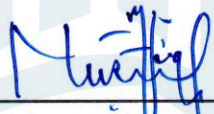
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ABSTRACT

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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 multiflora 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 multiflora 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, multiflora honey, quality of life, red ginger

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The author hopes this thesis can benefit the development of science, particularly in the field of pharmacy, and serve as a reference for future research. The author

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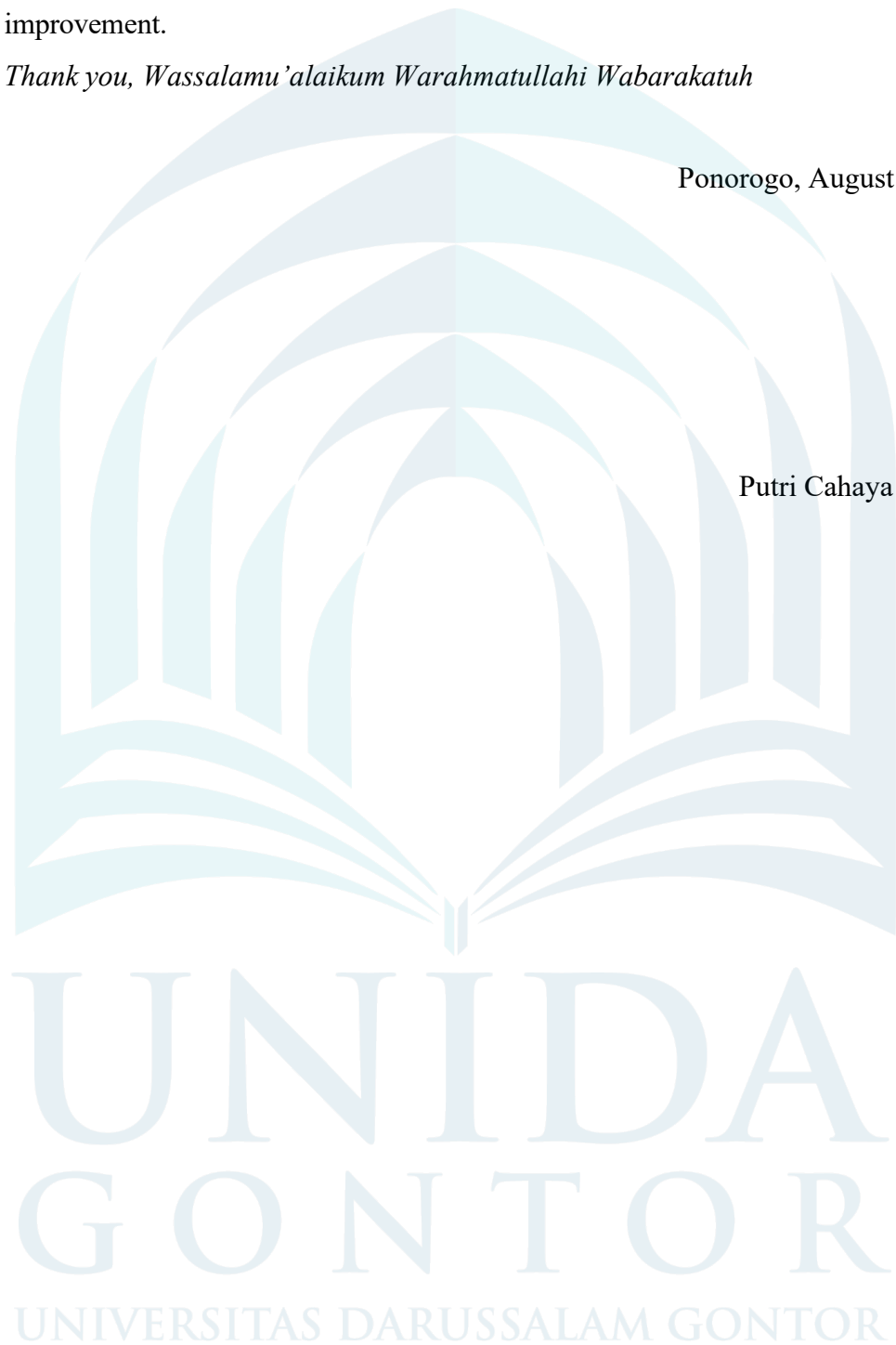


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STATEMENT OF RESEARCH ORIGINALITY

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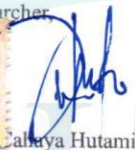
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Ponorogo, 13 November 2025

Researcher




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