ABSTRAK

Anemia merupakan masalah gizi yang dapat menyebabkan penurunan atau peningkatan nilai MCV dan RDW hingga di luar batas normal. Penanganan anemia dapat dilakukan dengan mengonsumsi suplemen penambah darah atau bahan pangan kaya nutrisi seperti *edamame*. Penelitian ini bertujuan untuk mengetahui pengaruh konsumsi *edamame* terhadap nilai MCV dan RDW pada wanita usia subur penderita anemia. Data responden didapatkan dari beberapa puskesmas Mojo, Klampis Ngasem, Tenggilis, dan Rangkah Kota Surabaya. Pemeriksaan bahan uji dilakukan pada bulan Mei – Juni 2024 dengan bahan uji *whole blood*. Jenis penelitian ini adalah pre-eksperimental dengan rancangan *one group pretest postest design* melalui intervensi konsumsi *edamame* sebelum dan sesudah 6 serta 12 hari. Hasil penelitian menunjukkan nilai rata-rata RDW sebesar 15,95% (sebelum 6 hari), 15,41% (sesudah 6 hari), 16,38% (sebelum 12 hari), dan 15,71% (sesudah12 hari), sedangkan nilai rata-rata MCV adalah 75,90 μm^3 (sebelum 6 hari), 77,67 μm^3 (sesudah 6 hari), 76,50 μm^3 (sebelum 12 hari), dan 79,00 μm^3 (sesudah12 hari). Hasil analisis *Wilcoxon Signed Rank Test* menunjukkan bahwa konsumsi *edamame* tidak memberikan pengaruh signifikan terhadap nilai RDW dengan nilai *Asymp sig.* > α (0,05). Hasil analisis nilai MCV intervensi 6 hari tidak memberikan pengaruh signifikan dengan nilai *Asymp sig.* > α (0,05), sedangkan intervensi 12 hari memiliki nilai *Asymp sig* < α (0,05). Kesimpulan penelitian ini adalah tidak terdapat pengaruh konsumsi *edamame* terhadap nilai RDW, namun memberikan pengaruh yang signifikan terhadap nilai MCV pada waktu intervensi lebih lama yaitu 12 hari.
Kata Kunci: Anemia, *Edamame*, MCV, dan RDW.

ABSTRACT

Anemia is a nutritional problem that can cause a decrease or increase in MCV and RDW values beyond normal limits. Treatment of anemia can be done by taking blood-addressing supplements or nutrient-rich foods such as edamame. This study aims to determine the effect of edamame consumption on MCV and RDW values in women of childbearing age with anemia. Data from respondents were obtained from several Mojo, Klampis Ngasem, Tenggilis, and Rangkah Surabaya Public Health Centers. Examination of test materials was conducted in May – June 2024 with whole blood test materials. This type of research is pre-experimental with the design of one group pretest postest design through the intervention of edamame consumption before and after 6 and 12 days. The study showed an average value of RDW of 15.95% (before 6 days), 15.41% (after 6 days), 16.38% (before 12 days), and 15.71% (after 12 days), while the average value of MCV was 75.90 μm3 (before 6 days), 77.67 μm3 (after 6 days), 76.50 μm3 (before 12 days), and 79.00 μm3 after 12 days. The Wilcoxon Signed Rank Test analysis showed that edamame consumption did not have a significant effect on RDW values with Asympsig values. > α (0,05). The results of the 6-day intervention MCV value analysis did not have a significant effect on the Asympsign value. > α (0.05), while the 12-day intervention has an Asympsig value < α (0.05). The conclusion of this study was that there was no effect of edamame consumption on RDW values, but it had a significant effect on MCV values during the longer intervention of 12 days.
Keywords: *Anemia, Edamame, MCV, and RDW.*