***ABSTRACT***

**Ningtias, Iin. 2016. T*he Effect of Red Guava Juice Against Constipation in Third Trimester Pregnant Women in Health Centers CiptomulyoArea Malang.* SKRIPSI. *Main Advisor*: Suprapti, S.ST.,M.Kes. *Associate Advisor*: Ardi Panggayuh, S.Kp.,M.Kes.**

*The prevalence of pregnant women suffering from constipation third trimester as much as 26 % , and an estimated 11 % - 38 % of pregnant women suffer from constipation. Constipation is the most frequent etiology haemoroid. The incidence of hemorrhoids in pregnant women estimated 25-35 % and 85 % in the third trimester , and increased in 1/3 of women during pregnancy. To reduce the occurrence of constipation, pregnant women can reproduce high-fiber foods. WHO recommends fiber intake of 25-30 g / day. Fibers can be obtained from fruits ,one fruit that is high in fiber, namely red guava , guava fiber content on a per 100g as much 5,4g. The purpose of this study was to analyze the effect of red guava juice against constipation in third trimester pregnant women in health centers Ciptomulyo. Population of 73 respondents , the sampling using purposive sampling technique , the total sample of 26 pregnant woman who have received treatment. The research instrument uses a checklist and analyzed using the Spearman rank test.* *After having the guava juice as much as 19 respondents (73 %) did not experience constipation or type of stool consistency in the normal category* .

*With enough dietary fiber consumption , will give shape and improve water in the feces produce stools soft and not hard so only with low muscle contraction feces can be removed smoothly. The results of the study with a computerized calculation with a value of α = 0.05 is obtained Sig . ( 2 - tailed) = 0,036 so ρ value 0,036 < α = 0.05 , it can be concluded Ho rejected, which means there is the influence of red guava juice with constipation in third trimester pregnant women .*

***Keywords: constipation, red guava juice***