

THE RELATIONSHIP OF SLEEP QUALITY TO ANEMIA IN STUDENTS

Shafira Rahmatillah Mulyono

Clinical Nutrition Study Program

Majority in Health

ABSTRACT

Anemia is a condition where hemoglobin concentration or number of red blood cells is low which is not sufficient to fill an individual's physiologic. Very Low Hemoglobin concentration need more understanding, How hb concentration be natural based on age, gender, gestational, genetic, ras and enviromental factors. Impacts of anemia on adolescents is deacreasing academic ability in school which causes a lack of enhusiasm and concentration for learning. The purpose of this study aims to analyzr the relationship between sleep quality and incidence of anemia in female student. The design of this study used an observational analytic survey by explaining the relationship between the independent variable, namely staying up late with the dependent variable, namely the incidence of anemia in young women by collecting data at the same time. The number of subjects in this study were 102 subjects, the sampling technique used in this study was Simple Random Sampling. The results of the Kendall's tau correlation test show a significant value or Sig. (2-tailed) between sleep quality and anemia is $0.323 > 0.05$, there is no significant or relationship between sleep quality and anemia to a correlation coefficient of 0.074 is obtained, which means that the relationship between sleep quality and anemia is very weak.

Keywords : *anemia, sleep quality.*