

**INCIDENCE OF ANEMIA AND ITS CORRELATION TO SLEEPING PATTERN
AMONG SELECTED STUDENTS OF CAVITE STATE UNIVERSITY
MAIN CAMPUS**

Undergraduate Research Study
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**ANGELICA A. MARTHO
RYZA G. SALAS**

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ABSTRACT

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The study entitled “Incidence of Anemia and its Correlation to Sleeping Pattern Among Selected Students in Cavite State University Main Campus” was conducted at Cavite State University in Indang, Cavite from July 2017 to September 2017. The study aimed to determine incidence of anemia and its correlation to sleeping pattern among the selected students in Cavite State University – Main Campus. Specifically, the purpose of this study was: to determine the student’s profile; determine the incidence of anemia in Cavite State University Main Campus; determine the sleeping pattern of the students; determine the factors affecting the sleeping pattern of the students; and determine the correlation between anemia and sleeping pattern.

This study involved volunteer students from different colleges who were asked to participate. The first phase of the study was the screening test using hemoglobinometer to determine the hemoglobin level of the students, followed by a Complete Blood Count (CBC) testing to confirm students with anemia. The final phase was the distribution of the sleep diary for completion within fourteen days to assess their sleeping pattern.

There were 124 students who participated in the study of which 24 were male and 100 were female. The students mostly came from the College of Education and the College of Nursing with both 27 participants. The students were commonly 21 years old and below; 71 percent have no family history of anemia; 71.8 percent were non-anemic;

28.2 percent were anemic; 79 percent have efficient sleeping pattern while the remaining 21 percent have inefficient sleeping pattern. The most common factors influencing their sleeping pattern were heavy meal, noises and school works. In general, using Pearson Product Moment Correlation, the outcome (0.001) demonstrated that anemia had correlation with the sleeping pattern, hence, the relationship was highly significant. This was evidenced by the Pearson correlation coefficient of -0.293 which indicated correlation.

It is recommended for future researchers to conduct the same study involving large group of participants. Aside from Complete Blood Count testing, further studies may also be done to determine the student's type of anemia by doing additional blood tests.

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